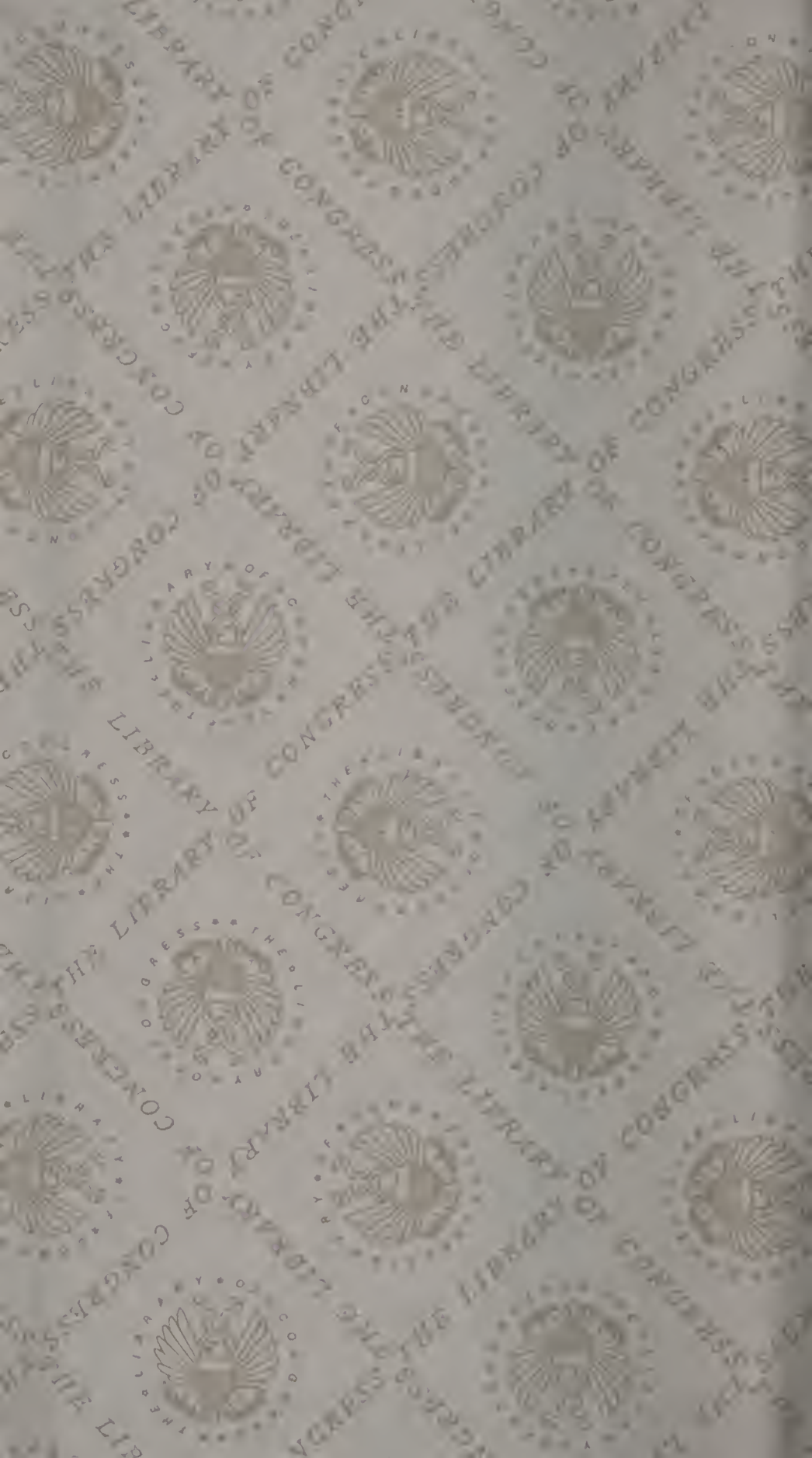
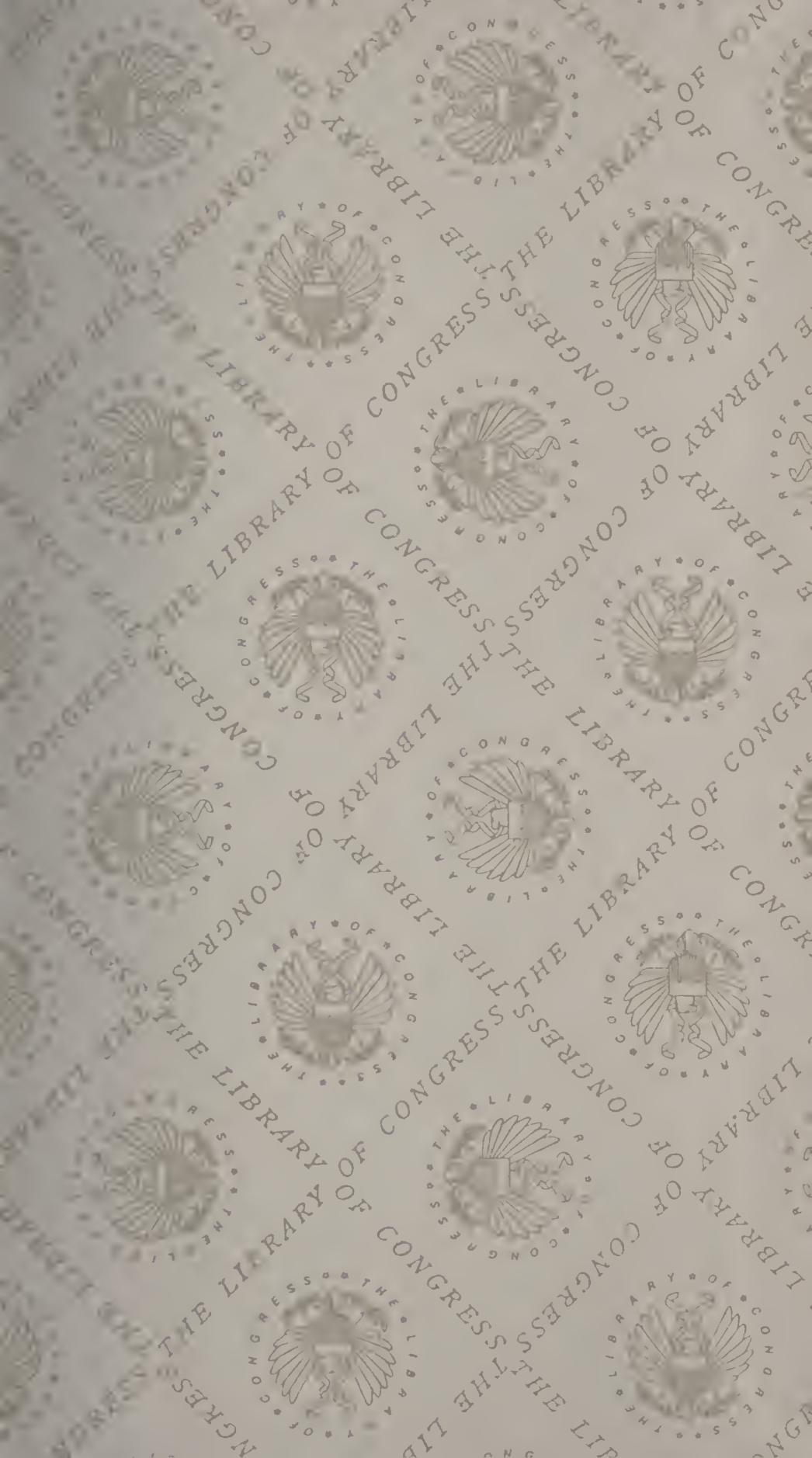






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PREFACE

IT is the aim of the author to arouse the interest of the layman to the use of scientific exercise and to the necessity of approaching it from a definite and intelligent standpoint.

It is necessary therefore to study a certain amount of anatomy, physiology, neurology, and leverage, these being absolutely necessary to correct exercising.

The day should be long past when one accepts the dictum of an athletic director without full and sufficient realization of the logical application of exercise to one's own condition.

For biologically, physiologically, and neurologically "quod licet Bovi; non licet Jovi" (what suits Peter does not suit Paul).

It is the experience of the author that only by intelligent and educated efforts are persons permanently benefited by Health Exercise, to adapt the word of Confucius, "Exercise without thought is labor lost and thought

without learning is death to the body." By correlating mind and body the paths of conductivity, both sensory and motor are increased. The activity of reflex centers is assured and centers of control are maintained.

This book is intended to be purely a guide to movements which have proven of value from over twenty years' of experience, and the author has tried to eliminate all fancy movements which have been invented to time with music, and although being of some value, are generally not of sufficient importance from a scientific standpoint of health education.

R. J. R. CAINES, M. D.

BOSTON, MASS.

MAR 19 1915

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EXERCISE NO. 1

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet sixteen inches apart, arms outstretched in line with sides of shoulders. Bring left arm forward and right arm in straight line to rear. Bend body from waist, at same time bending left knee and touch floor between the feet with left hand, right arm perpendicularly above head, **EXHALE**. Recover to No. 1 Position, pause, swing right arm to front and repeat. Draw waist well in and **INHALE** as you swing body around.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
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19th	
20th	
21st	

EXERCISE NO. 2

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in black outline.

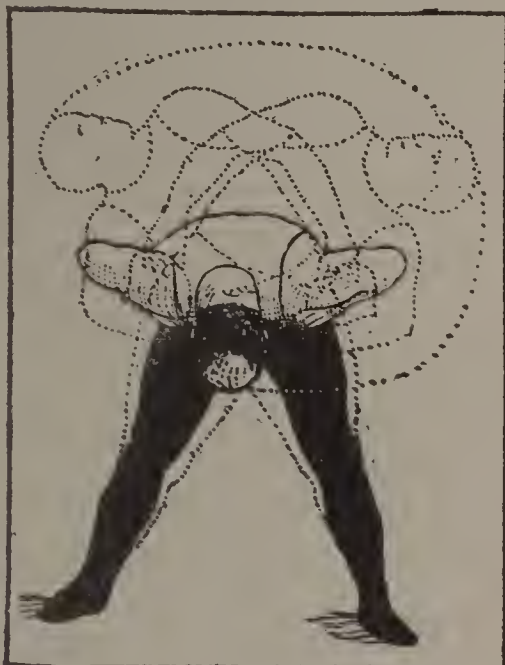
ACTION. Arms out in line with shoulders. Press alternately right and left arm to upper arm, contracting biceps as you do so. The arm when straight should be made rigid, the body slightly bent to opposite side. Head turned to straight arm.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
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13th	
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19th	
20th	
21st	

EXERCISE NO.3

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in dark outline. Hands on hips, body bent forward, legs straight and apart.

ACTION. Draw abdominal wall in and bend body to right, pressing it on right hand; change over and press left hand with left side of body and thus resume first position, exhaling. **DO NOT HOLLOW BACK.** Rotate () times to left and then () to right until number is completed.

REMARKS:

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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12th	
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16th	
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19th	
20th	
21st	

EXERCISE NO. 4

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Heels together, body erect, arms by sides.

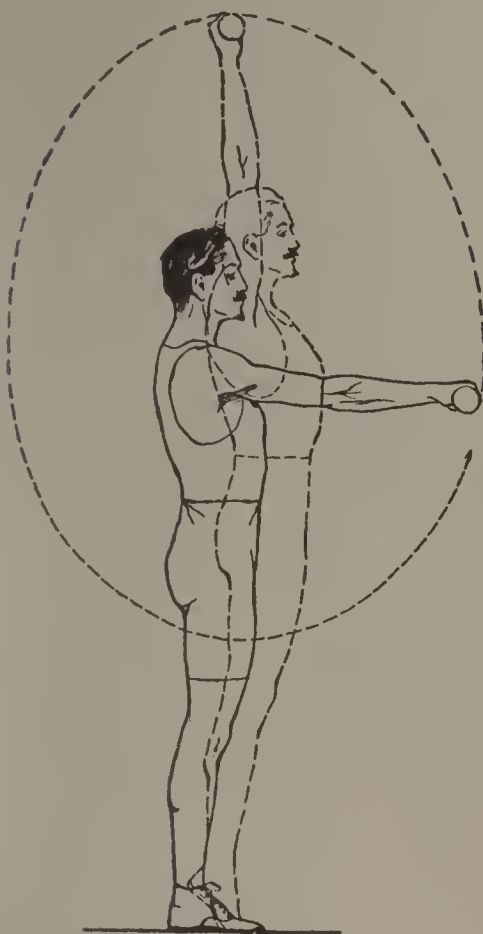
ACTION. Alternately bend body from waist line to each side. Emphasize movement by reaching below knee with one arm and drawing opposite hand well into armpit. Look up to raised elbow. Keep heels tight together. Exhale when you bend over.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 6

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

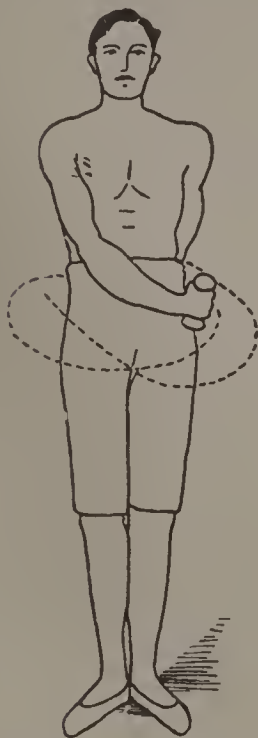
ACTION. As in dotted line.

DESCRIPTION. Feet together, body erect, arms out in line with front of shoulders, knuckles up (dark line fig.). Raise arms above head and rotate them backwards, describing a complete circle. **INHALE** when arms are above head and raise on tiptoes, **EXHALE** as you complete the lower part of circle and drop heels.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
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16th	
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19th	
20th	
21st	

EXERCISE No. 6

POSITION. Body erect, heels together, the right arm across chest the left behind back.



ACTION. Alternately bring the arms across the chest and back, **KEEPING THE SHOULDERS WELL BACK** as you do so. Turn the head to the same side as you bring the arm across the chest. Breathe freely. Be careful not to swing the arms but pause a moment as you contract the chest muscle.

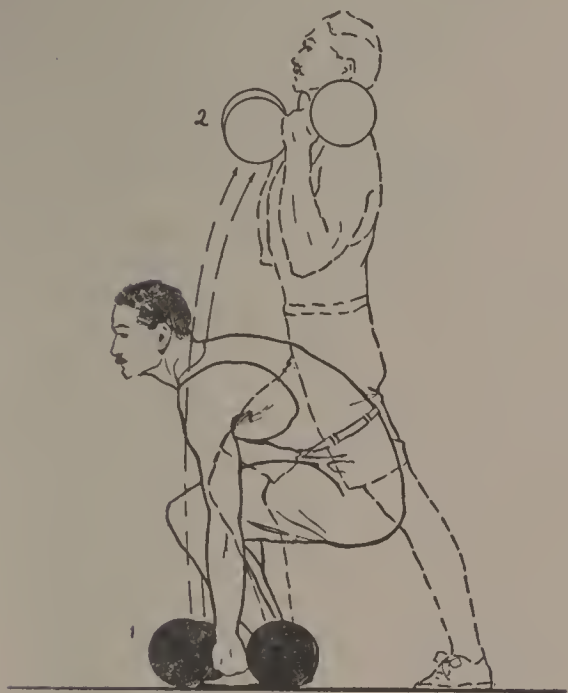
REMARKS.

TABLE

DAYS	TIME
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	

EXERCISE NO. 7

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. 1. Stoop down, knees bent, feet flat on floor, hands grasping bells, which must be on the floor well back to heels and outside feet. 2. Straighten legs and carry left leg to rear; at same time with a sharp movement bend the arms, elbows slightly forward, letting the weight rest on the body as much as possible. Empty the lungs and with a deep breath quickly push bells upward following the movement with your eyes. Lower bells to shoulders, bend to ground, **EXHALING**, and repeat with opposite leg.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 8

CAINES COLLEGE OF PHYSICAL CULTURE

TO BE
DONE

Day Counts



POSITION. As in dotted line.

ACTION. Draw the knees well into chest, at same time catch hold and press them well into abdomen with the hands. Exhale as you do so. Then draw abdominal wall in and stretch out as in dotted lines.

Keep heels together and do not touch the floor with them.

REMARKS.

1st

2nd

3rd

4th

5th

6th

7th

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9th

10th

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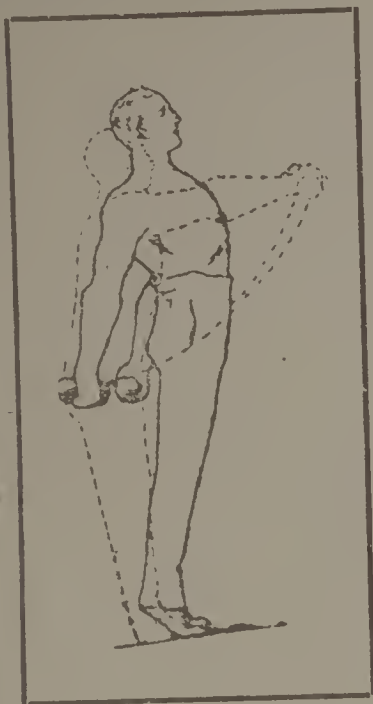
19th

20th

21st

EXERCISE NO. 9

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Body erect, heels together, arms in line with front of shoulders.

ACTION. Draw shoulders together and then abdomen well in, at same time pressing arms to sides, chest well forward and raise on tiptoes, pause and inhale. Exhale as you resume first position.

REMARKS.

BE TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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EXERCISE NO. 10

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in black outline.

ACTION. Draw abdomen well in and reach down below knee with left arm, keeping left leg straight. Pull right arm well under armpit and bend right knee and look up to raised elbow. Exhale as you reach down but keep abdomen in. Reverse alternately to each side.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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20th	
21st	

EXERCISE NO. 11

CAINES COLLEGE OF PHYSICAL CULTURE

TO BE
DONE

Day Counts



POSITION. As in dark lines in cut.

ACTION. Draw abdominal wall well in, then take a deep breath through the nostrils. *At the same time*, with a pulling movement, bring the arms down to the dotted position. Pause 2 seconds, then exhale, pressing hands on abdomen as you do so.

REMARKS.

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
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EXERCISE No. 72.

POSITION. Body erect, legs 16 inches apart, arms out in line with the side of shoulders.



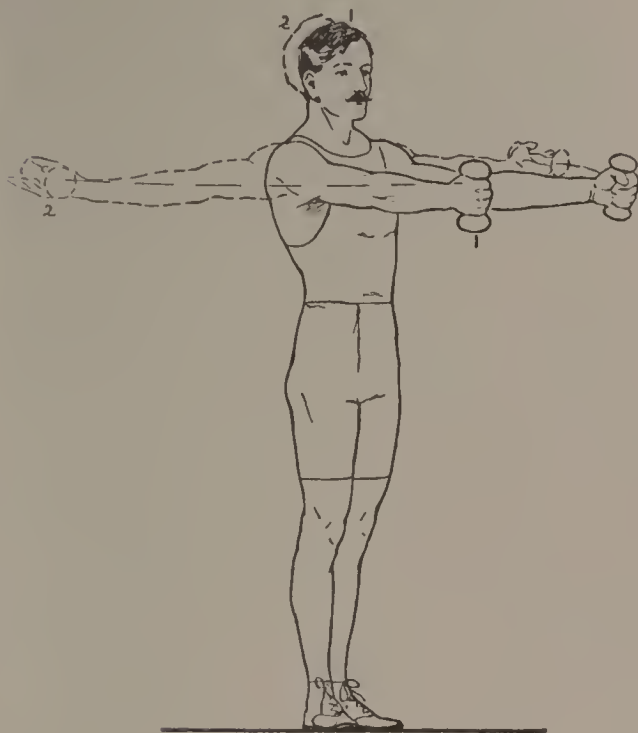
ACTION. Bend down to the right side from the waist, touch the ground, whilst doing so bend same knee and exhale. Recover to the erect position inhaling and drawing the waist in as you do so, pause and then repeat movement to the left.

REMARKS.

DAYS.	TIMES.
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EXERCISE NO. 13

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

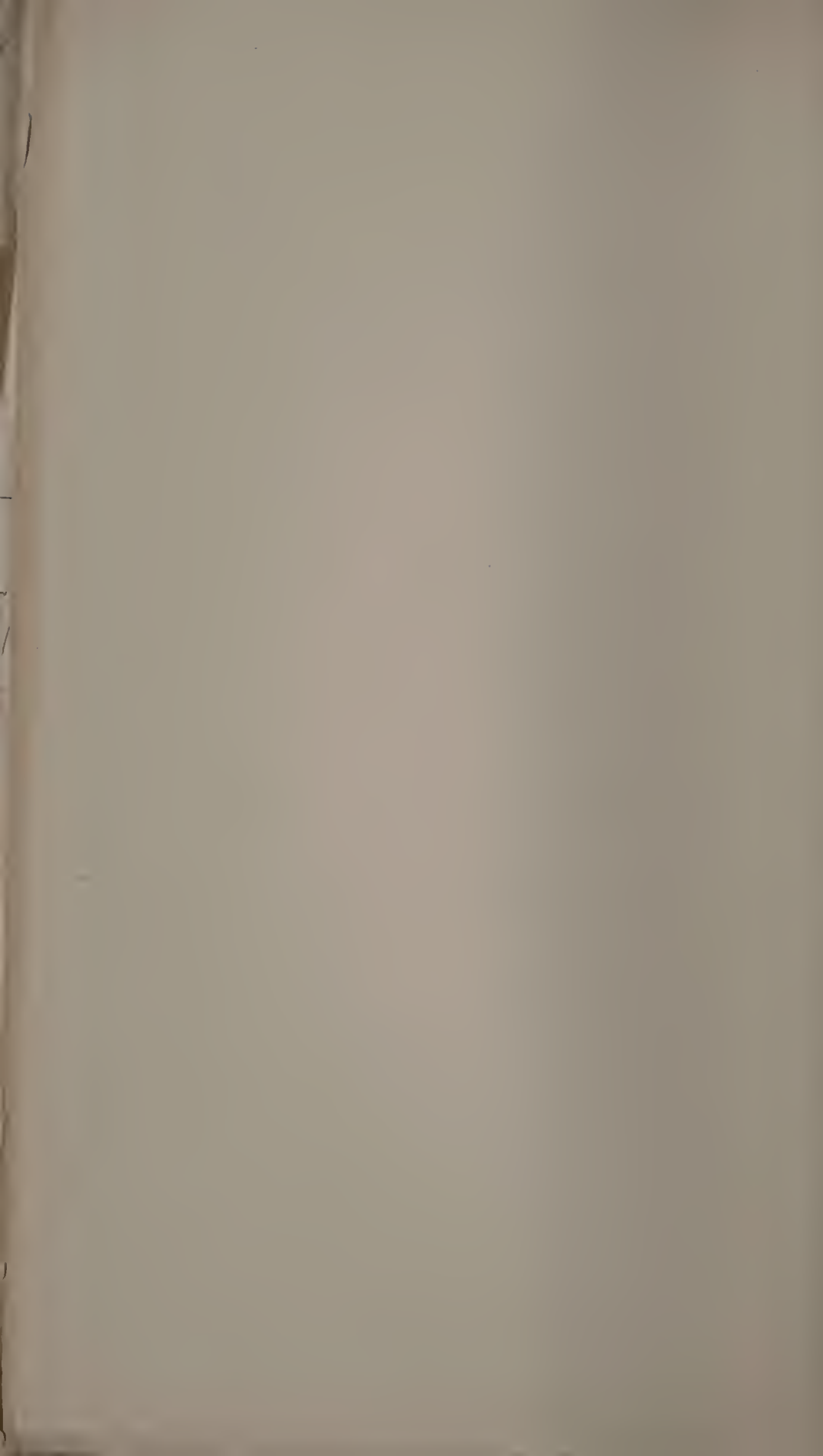
ACTION. As in dotted line.

DESCRIPTION. Body erect, heels together, arms out in line with front of shoulders, keeping arms perfectly straight draw them back in line with sides of shoulders, turning palms uppermost and raise chin, **INHALE**. Resume first position pressing palms toward each other, **EXHALING**.

**TO BE
DONE**

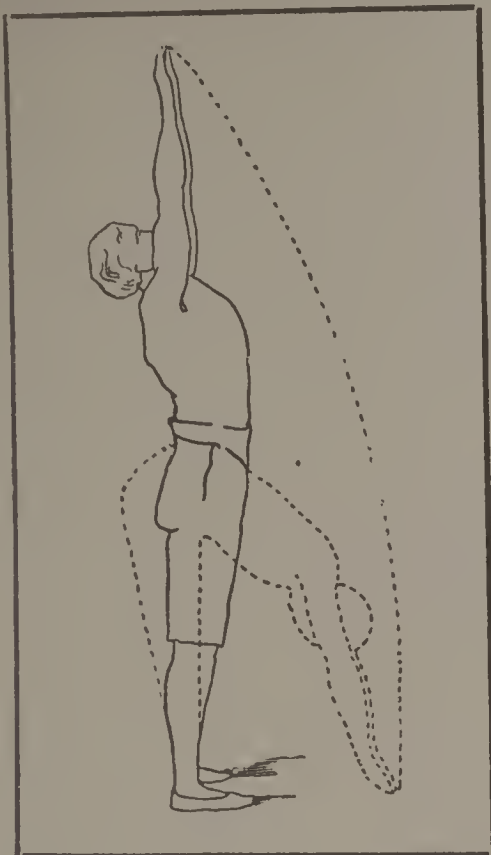
Day Counts

1st	
2nd	
3rd	
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5th	
6th	
7th	
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19th	
20th	
21st	



EXERCISE NO. 14

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Body erect, heels together, thumbs locked, arms above head as in solid outline.

ACTION. Keep arms by the sides of head, bend forward from the hips and reach well out, touch ground with fingers, draw in abdomen and then recover to first position. *Do not* lean back when body is in first position, but lift chest and reach up, with head back. Reach out at least 10 inches in front of the toes and exhale.

REMARKS.

TO BE
DONE

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

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10th

11th

12th

13th

14th

15th

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20th

21st

EXERCISE No. 13

POSITION. Body erect, heels together, fore-arms drawn to upper arm and perpendicular.



ACTION. Alternately press each arm well up above the head. As the arm is bent pull slightly downwards, hardening the bicep. Keep the legs straight, but not rigid. Breathe freely.

REMARKS.

DAYS.

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16

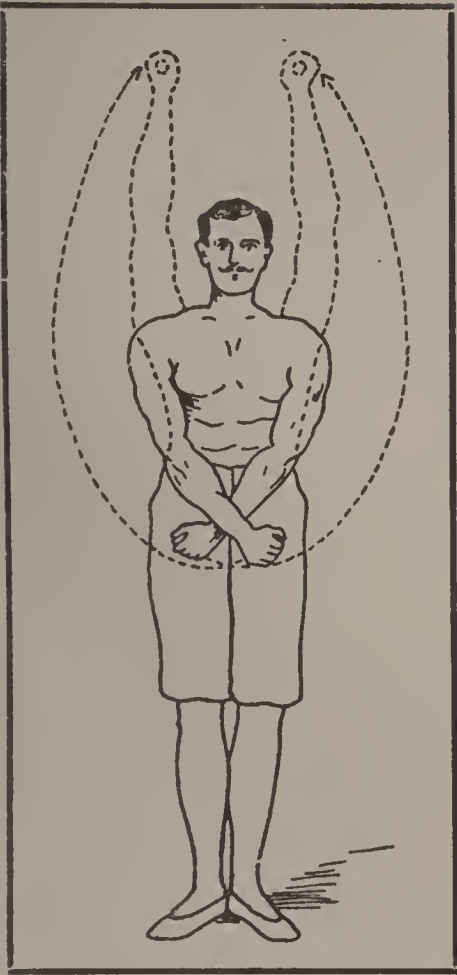
17

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EXERCISE NO. 16



POSITION. As in dark lines of diagram.

ACTION. Draw in abdomen and raise straight arms from sides above head reaching well out as you do so and inhaling. Resume former position, still reaching out and exhaling, pressing arms across chest, contracting chest muscles.

REMARKS:

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
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20th	
21st	

EXERCISE No. 17

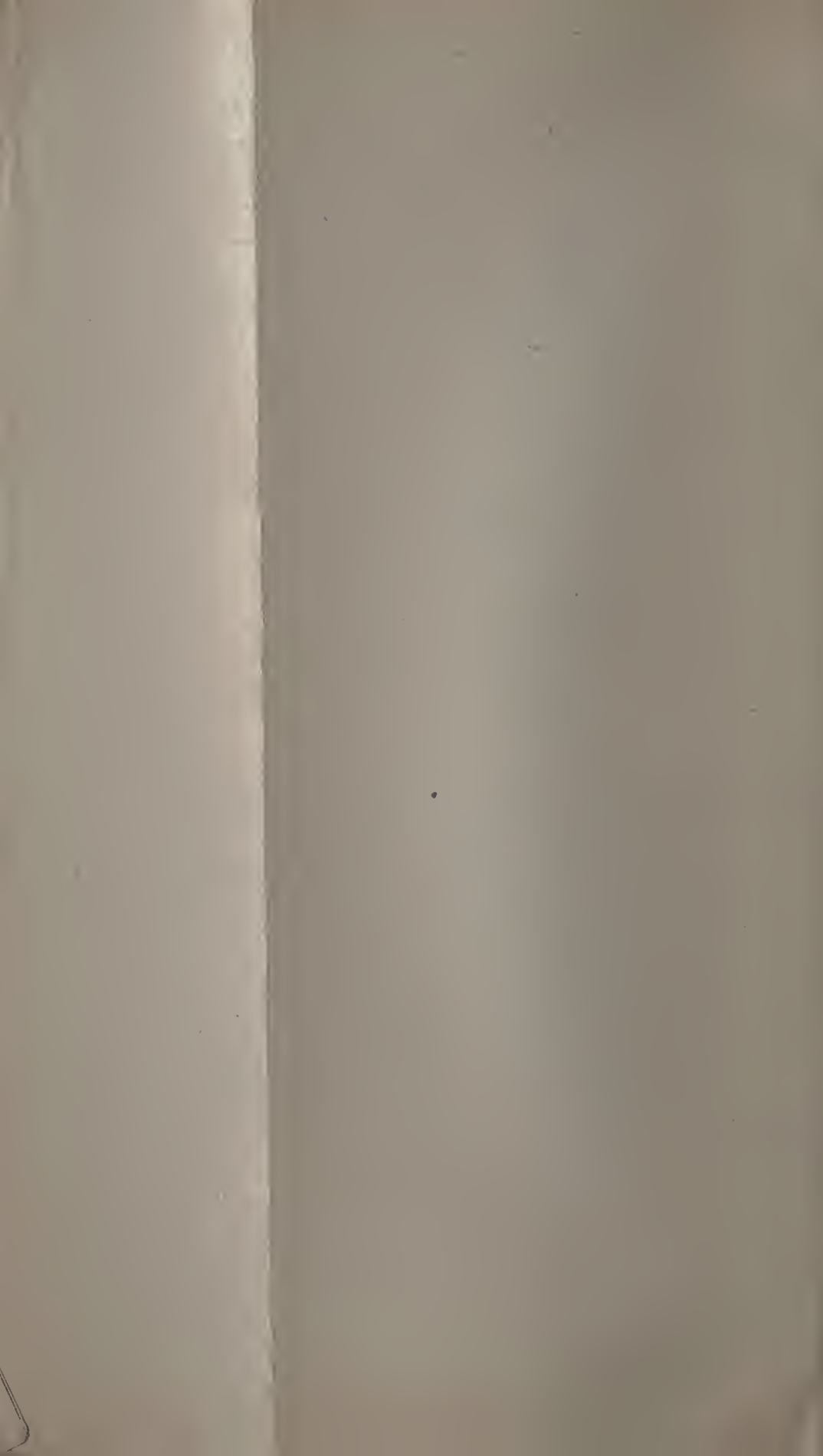
POSITION. Body erect, heels together, arms by sides.



ACTION. Turn the inner side of the arm well to the front and press the upper arm close to the side. Without moving the upper arm raise the right hand to the shoulder contracting the bicep. Straighten out the left arm at the same time making it quite rigid and repeat movement.

REMARKS.

DAYS.	TIMES
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EXERCISE NO. 18

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

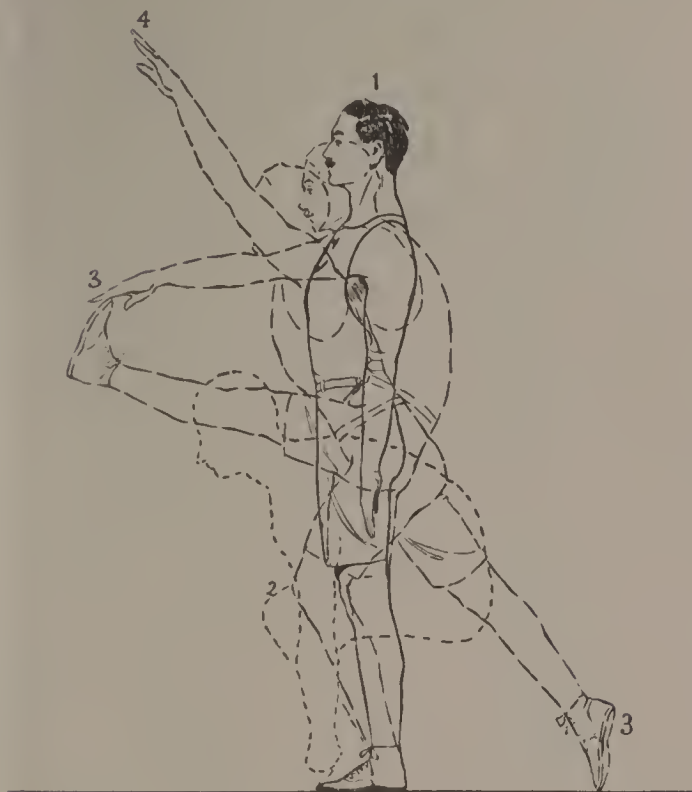
ACTION. As in dotted line.

DESCRIPTION. With feet flat on floor, legs eighteen inches apart, squat down, keeping arms rigid by sides and curling wrists outwards, **EX-HALE**. Rise to erect position, **IN-HALING**, and curl wrists under armpits; chin lifted.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
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10th	
11th	
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EXERCISE NO. 19

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

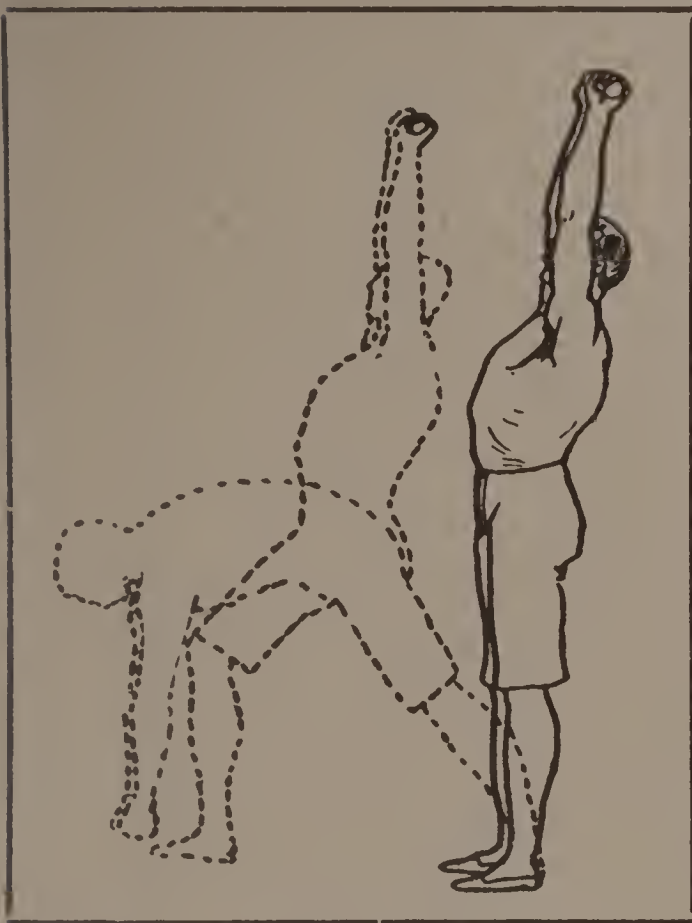
ACTION. As in dotted line.

DESCRIPTION. There are four positions in this exercise. 1. Body erect, feet together, legs straight. 2. Squat down, keeping heels on floor. 3. Rise to erect position, extending arm out in line with front of shoulder and kick up with right leg. 4. Immediately you have kicked throw same leg to rear and arm above head. Repeat alternate sides.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
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8th	
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10th	
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20th	
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EXERCISE NO. 20

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Feet together, body erect, arms above head.

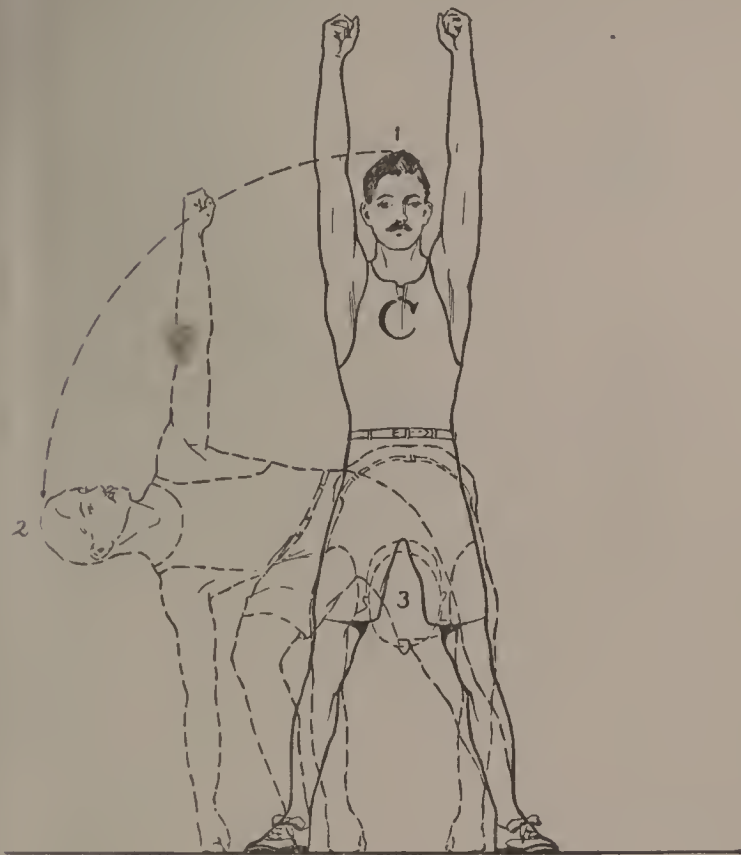
ACTION. Advance right foot, bending knee, then bend the body over touching the chest to knee and placing hands on the floor just in front of the right foot. Without changing the position of the feet, bring the arms above head again and straighten body, then draw the foot back and recover to first position. **Ex-hale** as you bend over, **Inhale** as you bring the feet back and arms above head. Alternate right foot forward and then left foot.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
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21st	



EXERCISE NO. 21

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Legs eighteen inches apart and straight. Arms above head. Bend body to side as in position "2" at same time bending right knee, **EXHALE**. Resume first position inhaling and *then* bend body to front and catch hold of ankles with hands, keeping legs straight, **EXHALE**. Resume first position and repeat to other side.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
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EXERCISE NO. 22

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. With body in position marked "1," heel of hand in line with shoulder, lower chest to floor, EXHALE as you do so, keep elbows well in by sides as in position marked "2." Resume first position by straightening the arms.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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EXERCISE No. 23

POSITION. Body on the side, hand under head, elbow on floor, left arm extended in line with front of shoulder, left leg to rear.



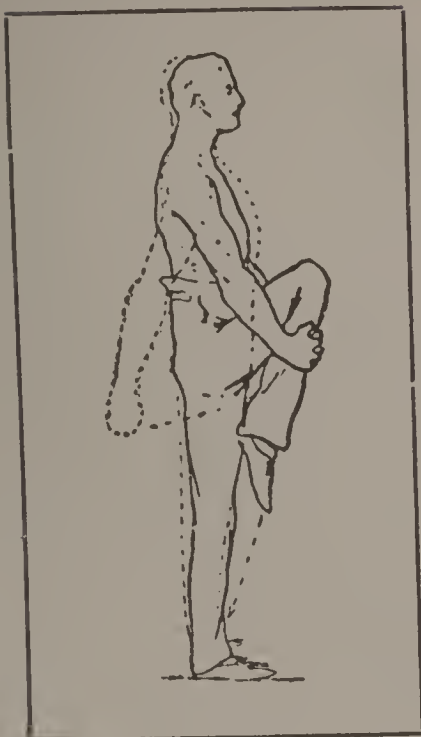
ACTION. Alternately bring left arm and leg to front and rear, keeping right leg and body quite steady; as leg is swung to rear draw in abdominal wall and inhale, exhale as you kick well forward. Arm swing, balances preponderating weight of leg.

An exercise designed for abdominal work chiefly.

REMARKS.

DAYS.	TIMES.
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EXERCISE NO. 24



POSITION. Body as in dotted line, chest up, head, back and arms well to the rear.

ACTION. Lift up the left knee as high as possible, clasp it with both hands press it well into abdomen, and exhale,—drop leg, press arms well to rear—inhale and draw abdomen in. Repeat with alternate knee, **QUICK TIME.**

REMARKS:

TO BE
DONE

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

14th

15th

16th

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19th

20th

21st

DAYS. TIMES.

EXERCISE No. 25

POSITION. Body flat on ground, hands on hips, heels 2 inches from ground, legs together.



ACTION. Raise body into first dotted position, pause, then reach with arms outstretched over legs, dropping heels to ground but keeping legs straight. Exhale.

Return to second position, inhale, draw the abdominal muscles under control, raising heels 2 inches off ground; slowly return to first position, keeping body rigid. Exhale. Repeat.

Muscles involved chiefly abdominal and dorsal.

REMARKS.

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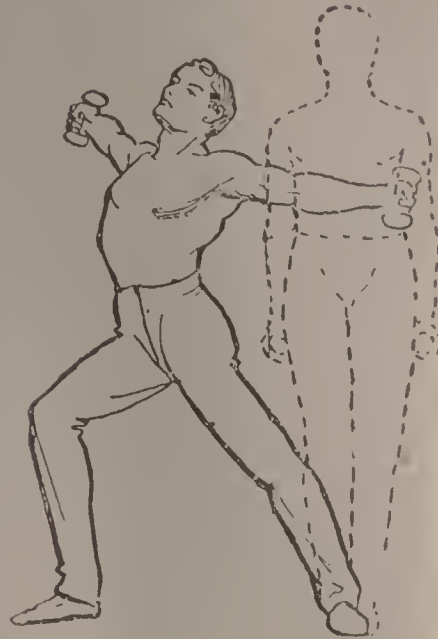
20



DAYS	TIMES.
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EXERCISE No.

POSITION. Body erect, arms by sides, head down.



ACTION. Bring arms in line with front of shoulders pressing hands tightly together, then lunge to front with right leg and throw arms back in line with side of shoulders, palms up and head thrown back; recover to former position and repeat with alternate legs, keep leg to rear well braced up.

A general exercise for the co-ordination of muscular action.

REMARKS.

EXERCISE NO. 27

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Legs eighteen inches apart and perfectly straight, feet flat on floor, arms above head. Draw abdomen in and swing arms outward and downward, left arm across chest and right arm across back, and leaning over with body slightly from waist, **INHALE.** Assume first position and repeat to opposite side.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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10th	
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19th	
20th	
21st	



EXERCISE NO. 28

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Body erect, hands on abdomen.
Chest well up, legs together.

ACTION. Bend body forward as far down as possible with hands on small of back, keep legs straight, exhale. Rise to first position, inhaling and drawing abdomen well in. Feel with the hands that such is the case and then inhale.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
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EXERCISE NO. 29

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Body erect, heels together, arms by sides.

ACTION. Press the right arm up as far as possible and the left down, bending body well over to left side, pause and then reverse movement, pressing left arm up and right down. As you change from right to left keep arms close by body and draw abdomen well in. Exhale as you press over on either side.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
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POSITION. Head thrown back, chest pressed forward, elbows pushed to front, hands well back, palms to front and shoulders down. Legs together.



MOVEMENT. Bend the Body from the hips, forward and as the body bends do shoot the arms as far out as you can keep legs straight, exhale. Recover to 1st. position by bringing hands to shoulders then raising body and inhale.

Muscles chiefly to be located are the abdominal and dorsal muscles, chest and legs.

REMARKS.

EXERCISE NO. 31

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Body erect, legs together, head back, hands clasped over abdomen.

ACTION. Draw the abdominal wall well in, which you can feel is being done with the hands, thus making a concave surface instead of a convex, *then* inhale through the nostrils. After doing this, allow the abdomen to resume its general position and exhale. Repeat constantly during the day without touching abdomen with the hands.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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20th	
21st	

EXERCISE NO. 32

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. On the back, arms by sides, raise one knee to chest, at same time lift shoulders from floor, **EXHALE.** Return to first position, relax and repeat. Do not let either heel touch the floor.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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19th	
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21st	



EXERCISE NO. 33

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. On the hands and toes. Without any movement of the arms, alternately raise and extend legs. Pause for a moment as leg is brought under chest and **EXHALE**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
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16th	
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19th	
20th	
21st	

EXERCISE No.

POSITION. Body erect, arms by sides, legs apart 10-14 inches.



ACTION. Bend the knees, sink down as far as possible at the same time raise arms in line with shoulders and exhale. Resume to 1st position by straightening the legs and contracting the thigh muscles, inhale and at the same time bring the arms towards the sides palms to front as though pressing rubber ball in arm pit.

REMARKS.

TABLE

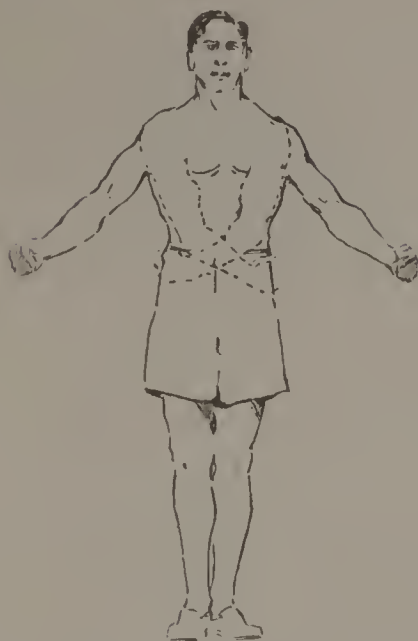
DAYS	TIMES
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	



EXERCISE No. 35

DAYS.

POSITION. As shown in dark outline of cut.



ACTION. Keep the shoulders well together, head down, bring arms across chest, exhale, and contract muscles of chest, at the same time clench fists; then bring arms slightly away from chest to the front and describe half a circle, dropping shoulders, pressing chest well up, head back, and inhaling until arms assume position of dark lines in cut, palms to front, inside portion of hand pressed outward. Locate on muscles under shoulder.

REMARKS.

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EXERCISE NO. 36

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, hands placed behind head, with fingers interlaced, elbows back. Bend body to sides from the waist, lifting elbow, **EXHALE**. Resume first position and repeat to other side.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE No. 37

POSITION. As in dark lines of cut.



ACTION. Bring arms perfectly straight and at full length until in line with side of shoulders, when press forearm to upper, contracting the biceps, and, head forward, exhale. Resume first position, dropping shoulders and pressing upper arms toward sides, as though a spring was between side of chest and arms, which you had to compress.

REMARKS.

DAYS.

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EXERCISE No. 38

POSITION. As in dark lines of cut.

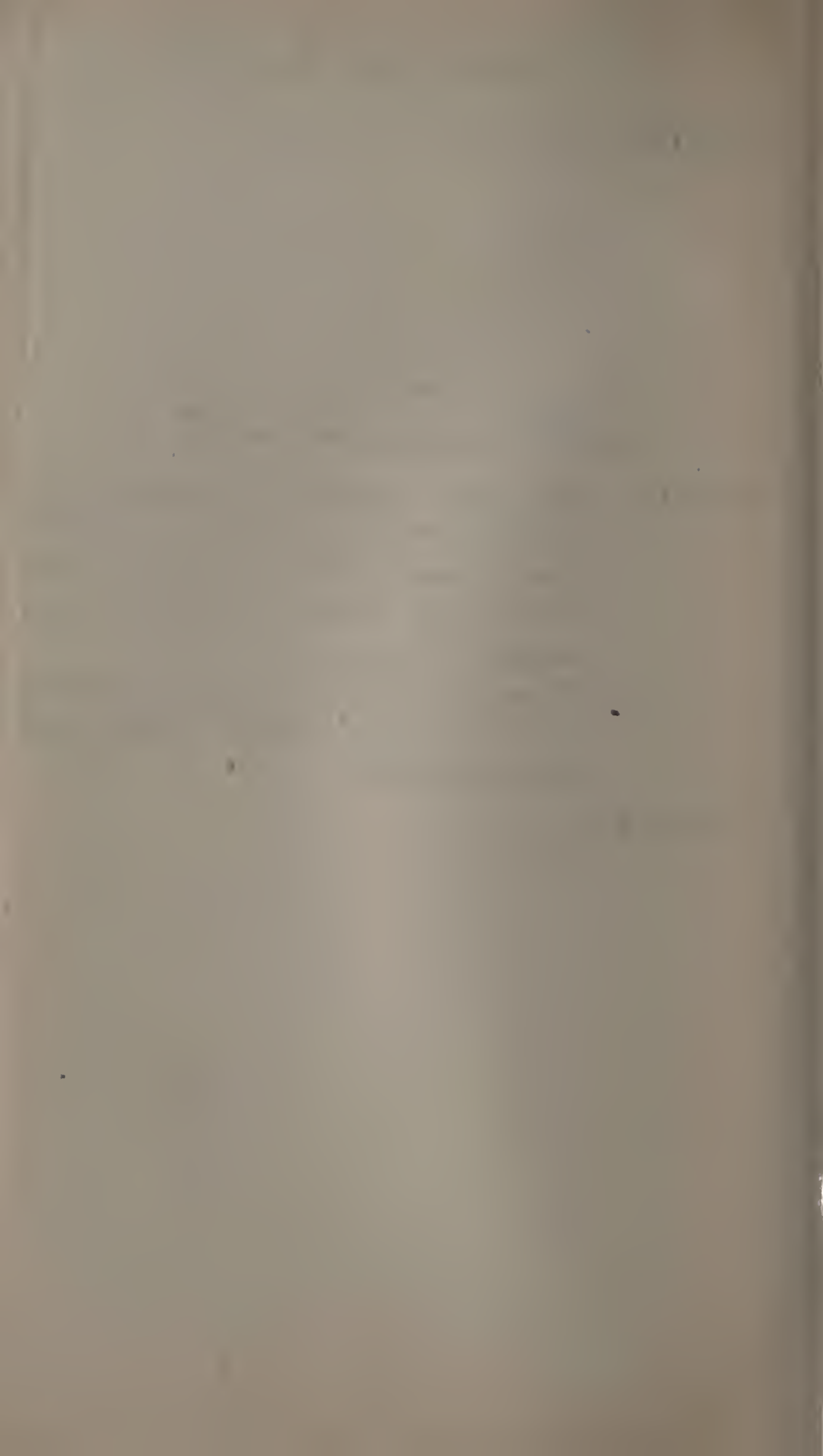


ACTION. Bring both legs up until at right angles with body, exhaling; as legs are lowered draw abdomen well in and inhale; heels not to touch ground; legs to be kept straight all through.

B. *Swing* legs up over head to angle shown, but keep them straight; round back where marked X.

REMARKS.

DAYS.	TIMES.
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EXERCISE NO. 39

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark lines.

ACTION. As in dotted lines.

DESCRIPTION. Body flat on floor. Bring arms forward and at same time throw body into position marked "2," EXHALING. Pause, place hands on abdomen and draw it in, then slowly lower body to first position crouching forward as you do so, and EXHALING. Repeat.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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19th	
20th	
21st	

EXERCISE NO. 40

CAINES SCHOOL OF HEALTH EXERCISE

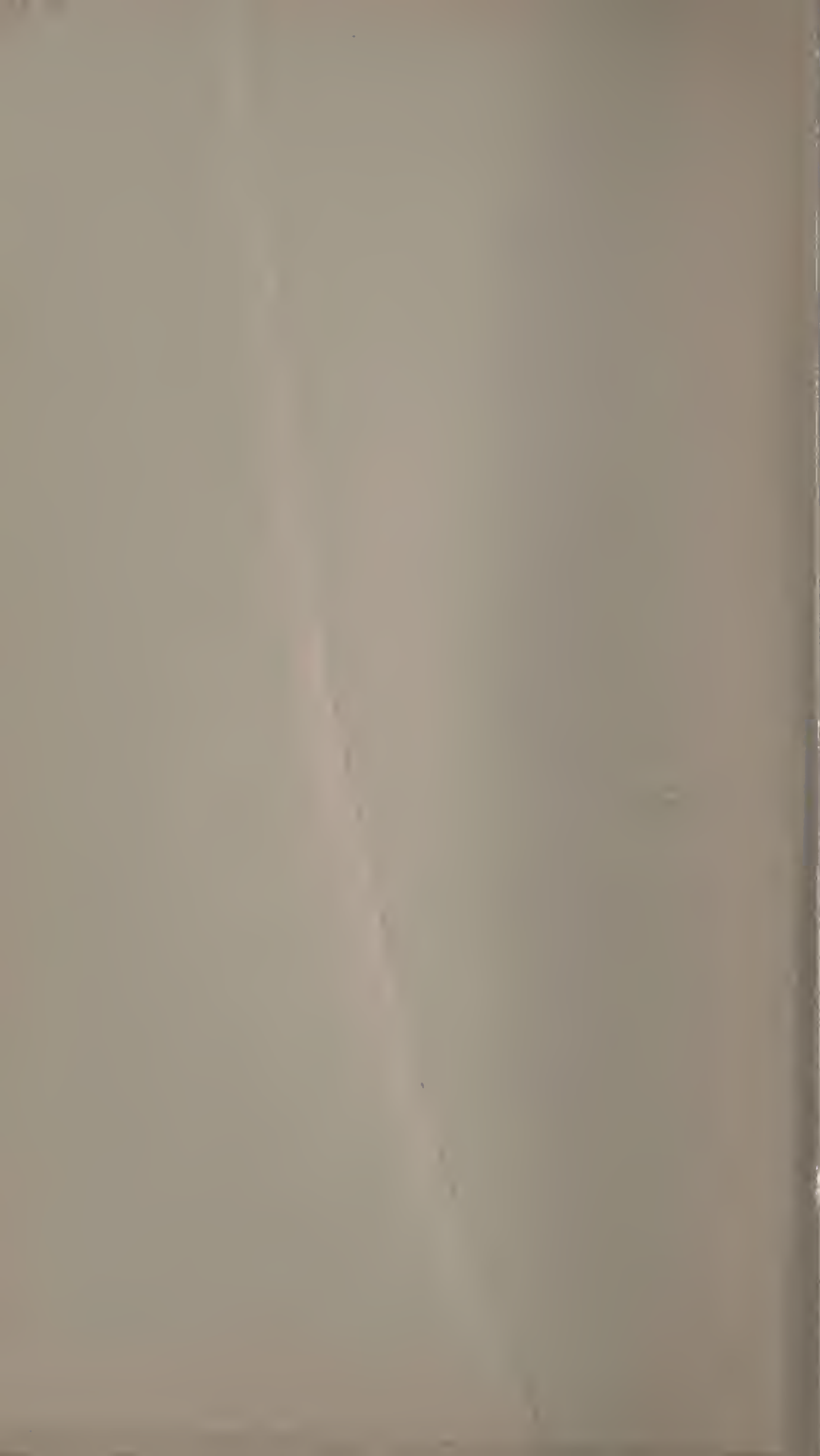


POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, arms by sides, bend body forward, at same time swing arms backward, palms uppermost, **EXHALE**. Bend knees, keeping body bent well forward, **EXHALE** again. Resume first position, drawing shoulders well together and at same time drawing abdominal wall in, **INHALE**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	



EXERCISE NO. 41

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in dark lines of diagram.

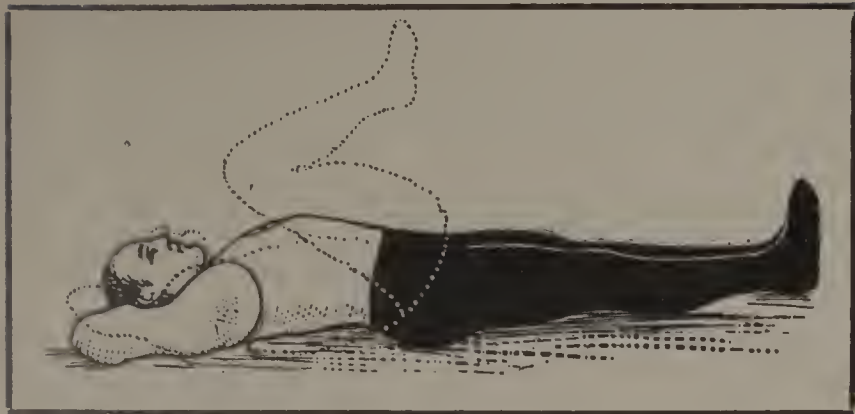
ACTION. Without moving the hips or the arms, turn the body to the left, *then* bend down and touch the ground, at the same time bending the left knee slightly. Resume the second position and then swing the body round, with the arms still above the head and without any movement of the hips, to the other side, and repeat.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
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16th	
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19th	
20th	
21st	

EXERCISE NO. 42

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in dark lines of diagram.

MOVEMENT. As in dotted lines.

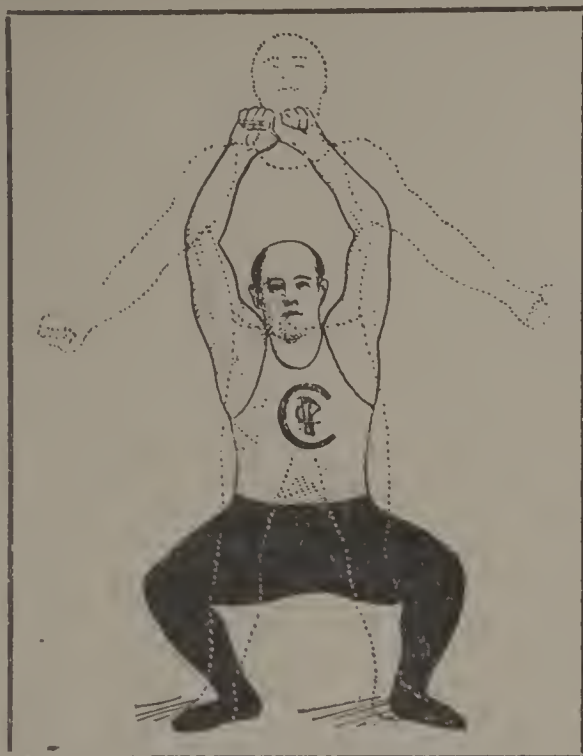
ACTION. Draw both knees up on the abdomen with quick movement, keeping the heels close to the buttocks so that the back is rounded. As legs resume first position, slightly raise the head; look at the abdomen. Keep the heels off the ground.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
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10th	
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20th	
21st	

EXERCISE NO. 43

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Legs about eight inches apart, feet flat on the ground, as in dotted lines.

ACTION. Squat down, at the same time bringing the arms above the head, and draw the abdomen well in and inhale. Resume first position, lifting chest well up and with palms of the hands to the front, press the upper portion of the arm on the ribs, contracting the Latissmus Dorsi muscle (for reference see chart) and then exhale.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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20th	
21st	

EXERCISE NO. 44

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in dark lines of diagram.

ACTION. Press fore-arms to the rear without moving the upper arm and curling wrist back make the arms rigid, at the same time inhale and throw the head back. Draw the abdomen well in. Resume first position, contracting the biceps of the upper arm, exhale.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
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21st	

EXERCISE NO. 25

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. As in dark line of diagram.

ACTION. Without any movement of the hips or arms, slightly sway to alternate sides from the waistline. Draw in the abdomen well as you do it. Exhale with full emphasis as you bend.

REMARKS.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
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19th	
20th	
21st	

EXERCISE NO. 26

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Body in position marked 1, dark lines.

ACTION. Without moving the hips, turn the body to position marked 2, then place the left hand on the left hip and touch the left toe with the right hand as in position 3. Exhale on coming to regular position. As you reach up with arm draw the abdomen well in and inhale.

REMARKS.

TO BE
DONE

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

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12th

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20th

21st

EXERCISE NO. 27

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, knees bent.

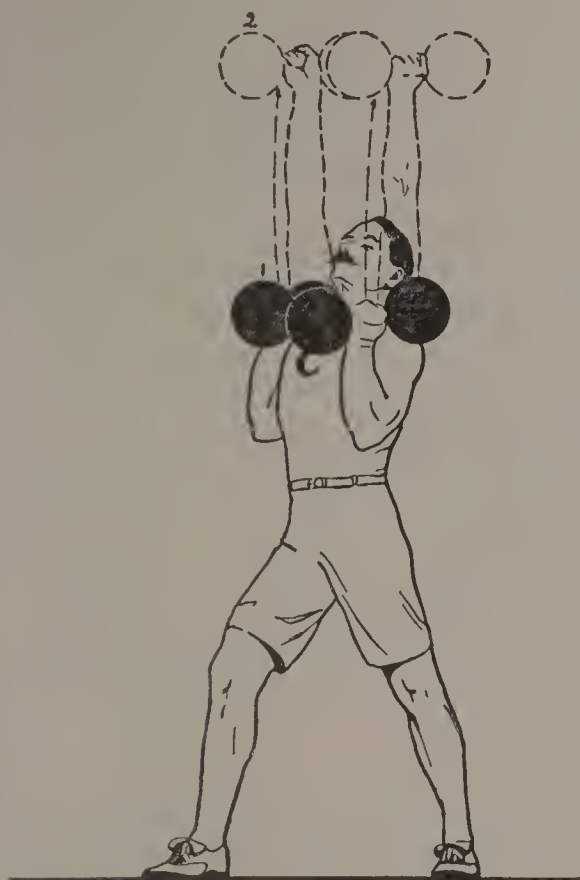
Raise alternate arms from front of hip up in line with front of shoulders. At same time keeping shoulder blades together. **INHALE** and **EXHALE** alternately with movement of arms. Do not keep arms too rigid but press down and pull up with shoulder.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
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6th	
7th	
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21st	



EXERCISE NO. 25

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. From a squatting position pick up bells from ground swinging them to the shoulders at same time and carrying right or left leg to the rear. Knee of the advanced leg well bent, leg to rear well braced up. With slight forward movement of body and expansion of chest straighten arms and push bells above head, at same time draw abdominal wall well in.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
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EXERCISE NO. 129

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. 1. Body in a crouched sitting position, sufficiently out of the perpendicular to feel a contraction on the abdominal wall. Legs straight and together. Hands on abdominal wall. 2. Keeping legs straight bend body over legs, at same time reaching over feet with hands. **EXHALE.** Resume first position slowly and repeat.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
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19th	
20th	
21st	

EXERCISE NO. 50

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, hands on hips. Swing right leg forward, **EXHALE**, then swing it to rear and stretch arms above head, making a diagonal line from tip of toe to tip of fingers. Resume first position, **INHALING**, and repeat on the other side.

**TO BE
DONE**

Day Counts

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
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10th	
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19th	
20th	
21st	

EXERCISE NO. 52

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Feet together, elevate elbows, hands on chest (dark line fig.), bend forward and touch floor, **EXHALE.** Resume first position, dragging the hands close to body, keeping elbows well up, draw abdomen in and **INHALE.**

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
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19th	
20th	
21st	

EXERCISE NO. 53

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. On hands and knees, lower chest to floor, at same time **EXHALE**, and turn right side of face uppermost as in position marked "2." Resume first position, pause, repeat on other side, looking to left.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
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19th	
20th	
21st	

EXERCISE NO. 58

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

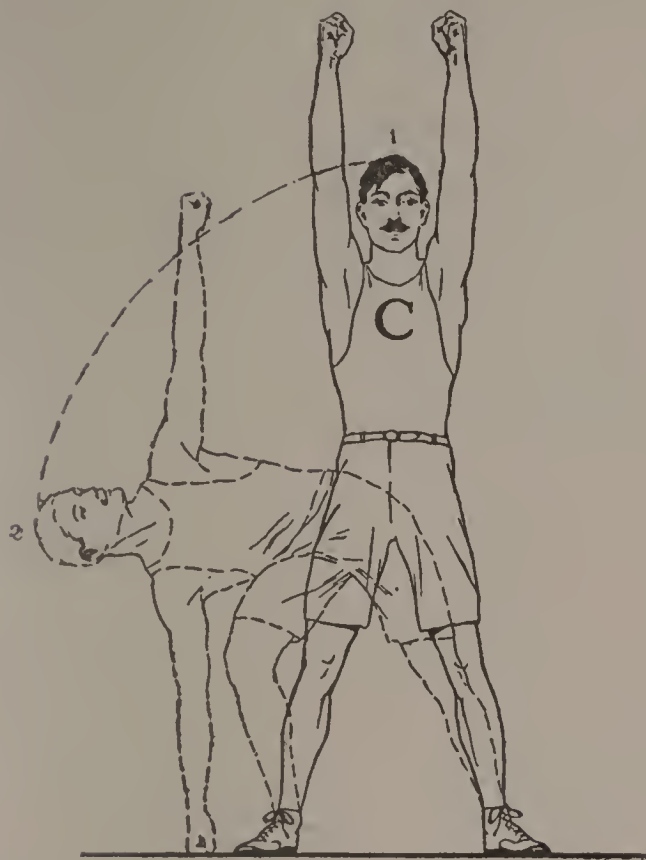
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, arms by sides, rise on tip-toes, then slowly bend knees, squatting down, and without movement of upper arms, flex both forearms and contract biceps, **EXHALE**. Resume first position and **INHALE**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
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6th	
7th	
8th	
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EXERCISE NO. 55

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet about eighteen inches apart, arms straight above head. Bend body to right side and touch floor, at same time bending right knee, **EXHALE** and look up. Resume first position drawing abdominal wall in and **INHALE**. Repeat to other side.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
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14th	
15th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 56

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. On the back, arms stretched above head, both knees on abdomen. Throw body forward, straighten legs and sit up, at same time reach over, touch toes with hands, **EXHALE**. Resume first position, placing hands on abdominal wall and slowly lowering body to floor, as in position marked "3." **EXHALE** as you do so.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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20th	
21st	

EXERCISE NO. 57

CAINES SCHOOL OF HEALTH EXERCISE

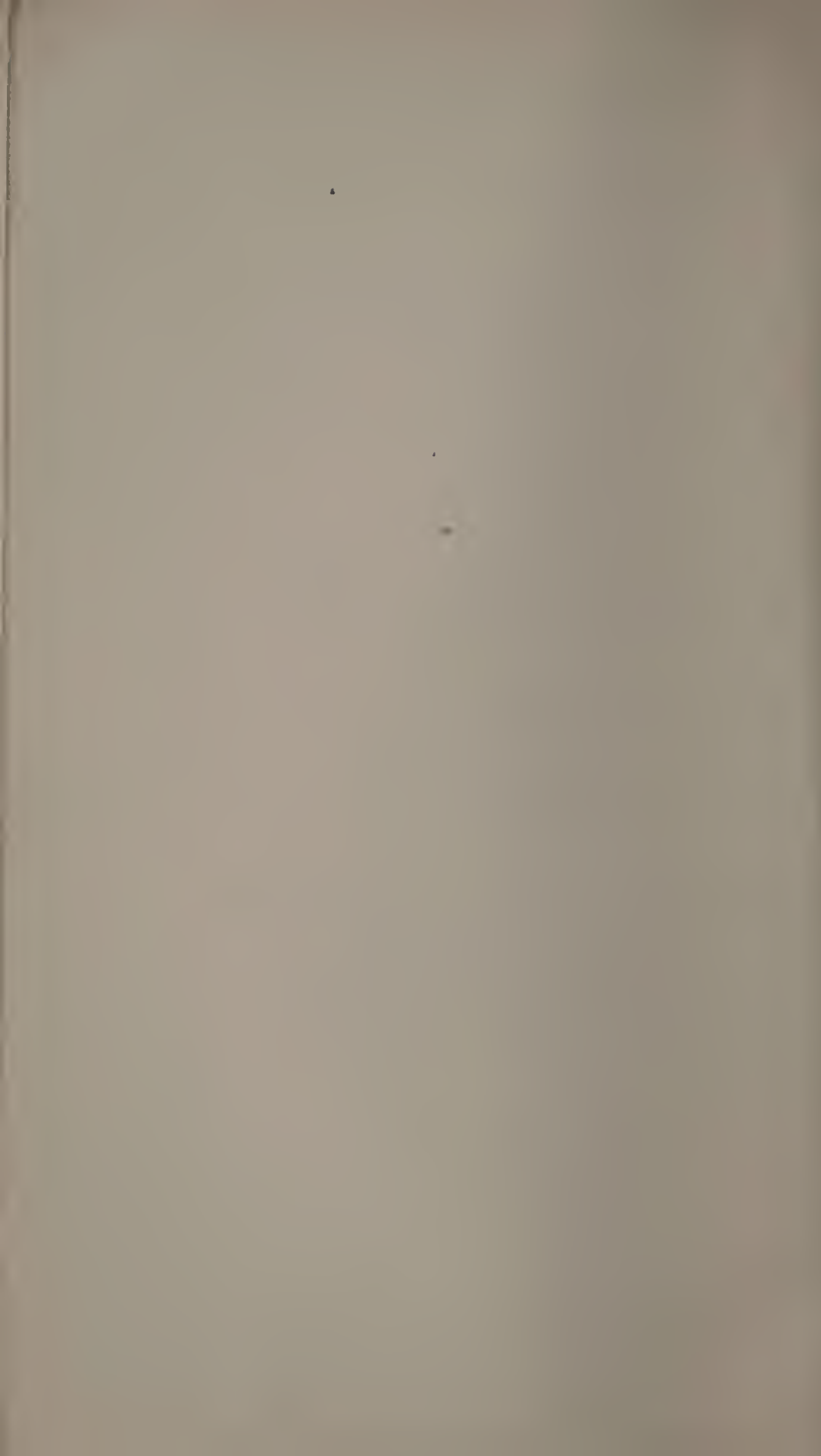


POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. On the back, arms folded on chest. Alternately raise each leg, EXHALE as each leg is raised. Do not allow heels to touch the floor.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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19th	
20th	
21st	



EXERCISE NO. 25

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Heels together, body flexed on thighs, hands by sides of feet, **EXHALE.** Raise body into position of dotted line, carrying leg to rear, front knee bent, elbows elevated, hands on chest. **INHALE** when you assume erect position.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
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20th	
21st	

EXERCISE NO. 59

CAINES SCHOOL OF HEALTH EXERCISE

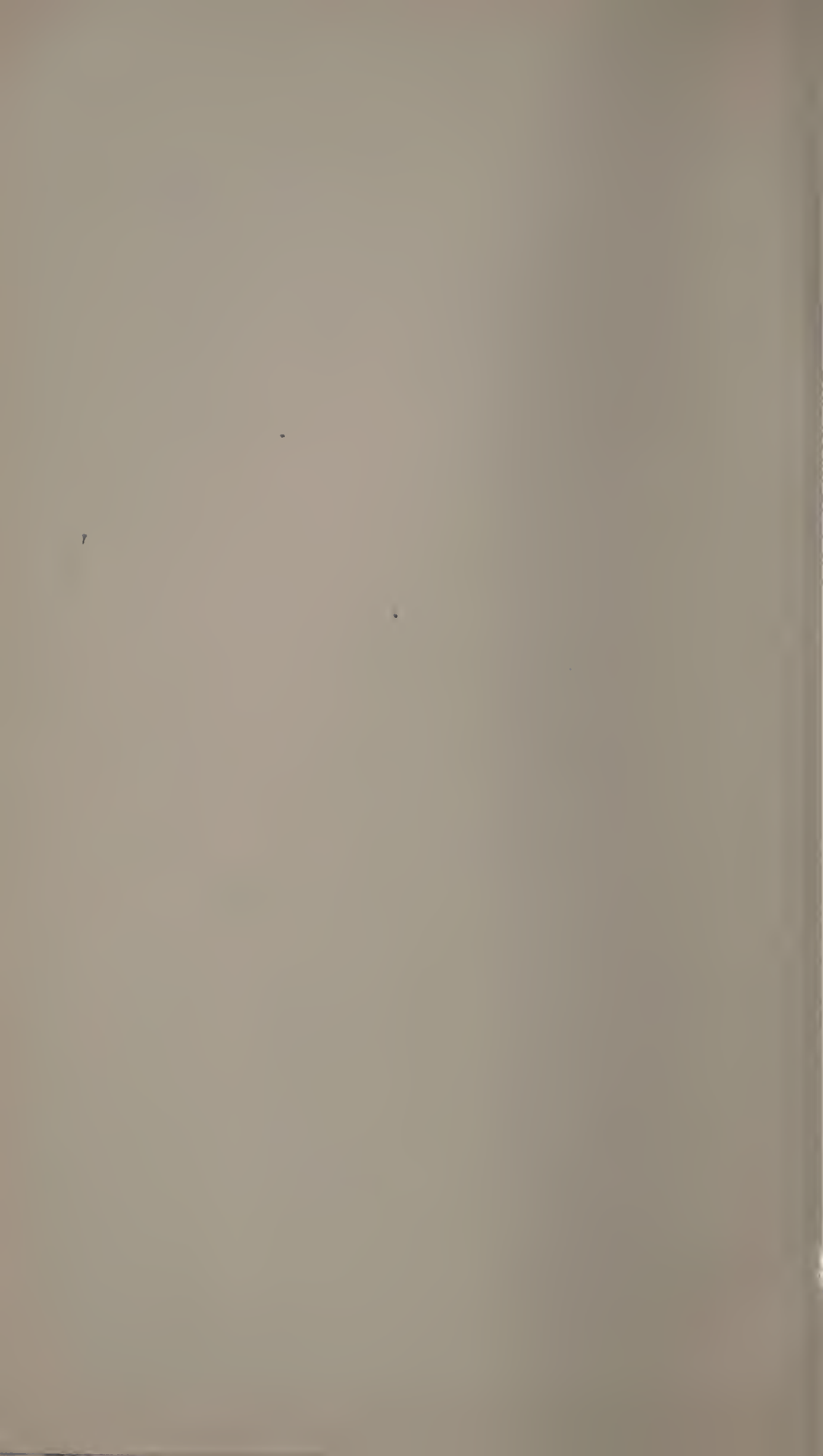


POSITION. As in dark line.

ACTION. As in dotted line.

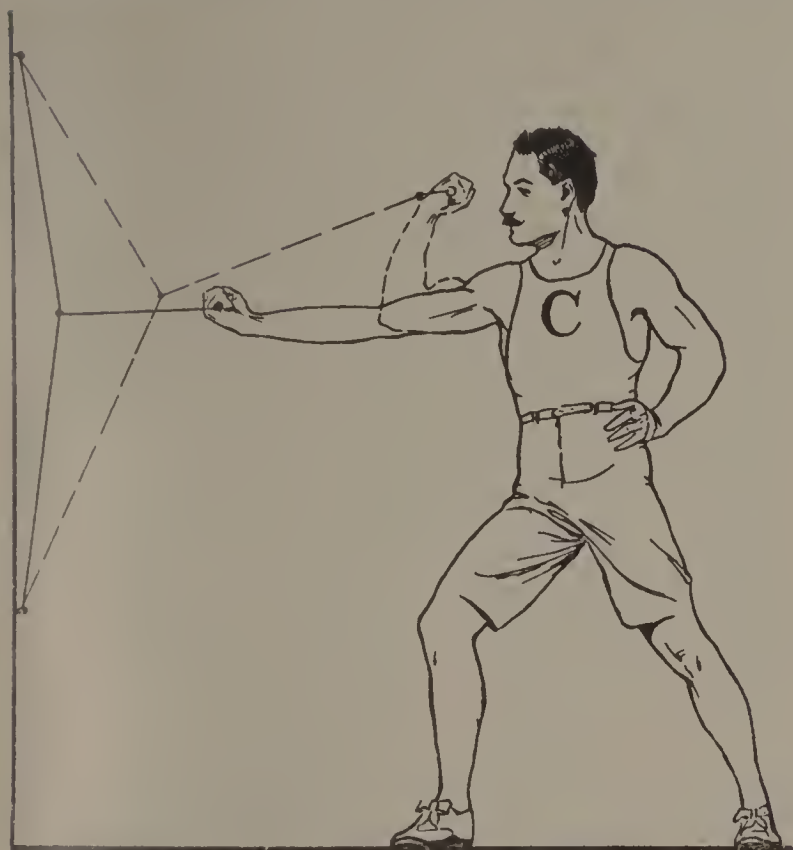
DESCRIPTION. Body erect, legs straight or slightly bent, feet together, arms out in line with side of shoulders, palms up. *Without any movement* of upper arms pull both forearms at same time to upper arms, **EXHALE**. Resume first position, **INHALING**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
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5th	
6th	
7th	
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21st	



EXERCISE NO. 60

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

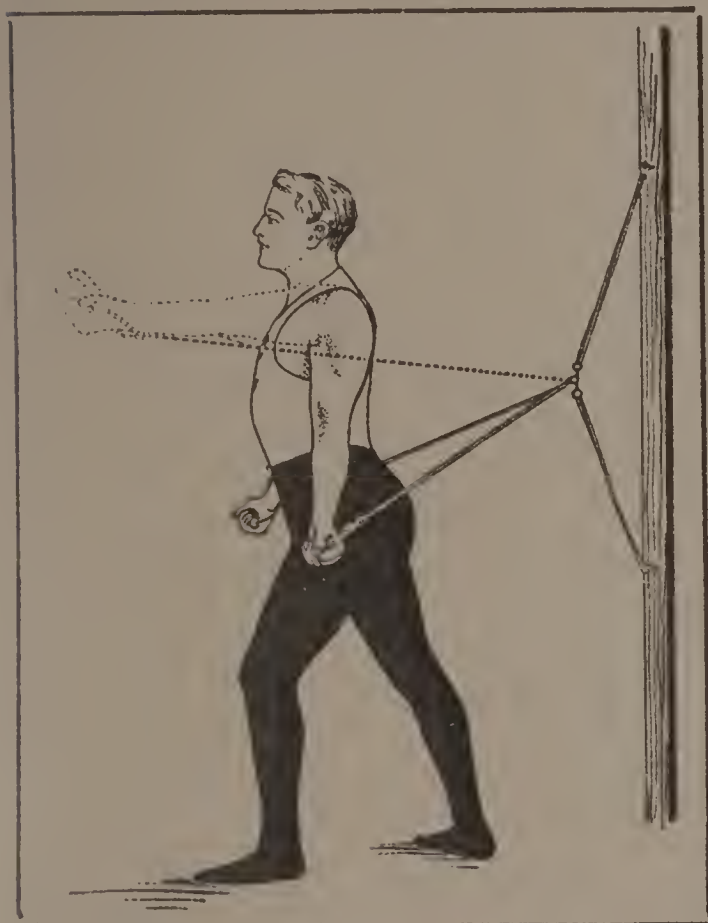
ACTION. As in dotted line.

DESCRIPTION. With legs apart inner knee bent, outer leg straight and well braced up. Left hand on hip, body erect. Right arm extended. Without any movement of the elbow pull handle to upper arm contracting biceps as you do so. Resume first position extending arm to a point of rigidity.

TO BE DONE	
Day Counts	
1st	
2nd	
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EXERCISE NO. 27

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Back to exerciser, left leg advanced, knee well bent, leg to rear quite straight, arms by sides, palms to front.

ACTION. Lift arms up to and in line with front of shoulders, **Exhale.** Pause, draw abdominal wall in and resume first position, drawing shoulder blades well together and **Inhaling.** Repeat.

TO BE
DONE

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

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18th

19th

20th

21st

EXERCISE NO. 69

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Facing exerciser, right leg advanced, knee well bent, leg to rear well braced up, arms in line with front of shoulders, palms up.

ACTION. Without any movement of the body, draw shoulders together, then pull the arms back past sides, abdomen in. **Inhale**, press chest forward, curl wrists back. Resume first position and **Exhale**.

TO BE
DONE

Day Counts

1st

2nd

3rd

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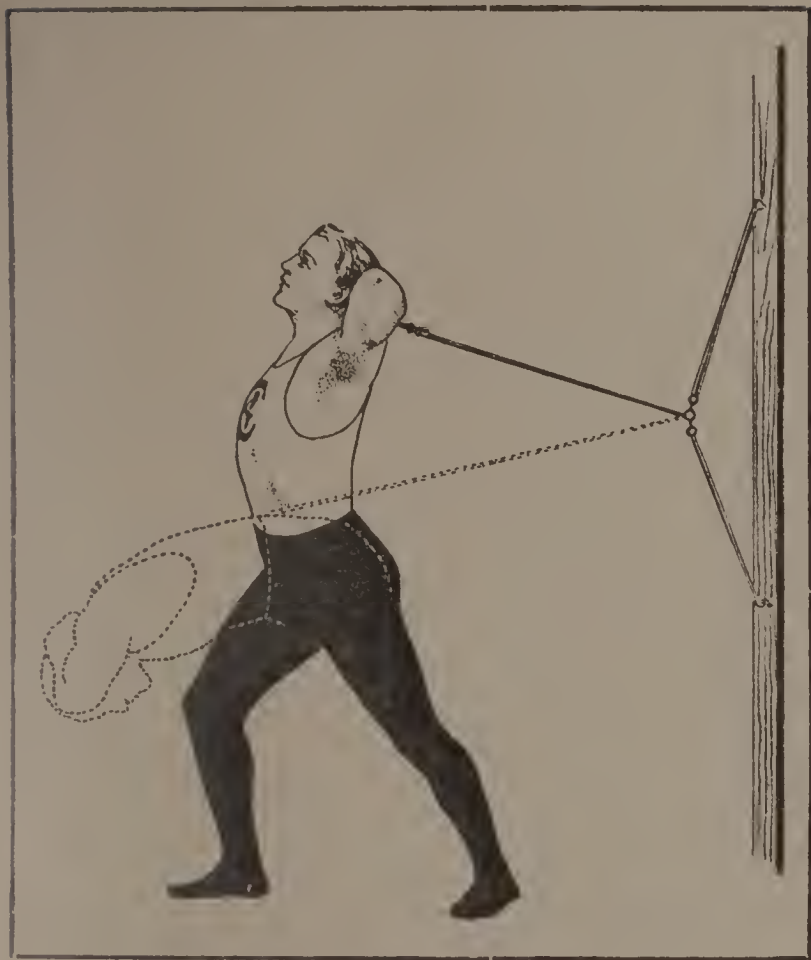
19th

20th

21st

EXERCISE NO. 102

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. (Place both long strands on one handle). Back to the exerciser, left leg advanced, leg to rear quite straight, handle on the nape of the neck, held by both hands.

ACTION. Bend body forward and press abdomen on knee, **Exhale**. Recover with body to erect position, drawing abdomen well in, elbows back, shoulders together. **In-hale**. Be sure and keep the legs as in first position throughout.

TO BE DONE	
Day Counts	
1st	
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20th	
21st	

EXERCISE NO. 65

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. On back facing exerciser, legs straight and together, forearms on upperarms, elbows on the floor against ribs.

ACTION. Throw body into sitting position, at same time drawing both knees to abdomen, heels off the ground, arms by sides. Poise on the buttocks a moment, then crouch body back into former position after which draw forearms back, **Inhale** and repeat.

TO BE
DONE

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

14th

15th

16th

17th

18th

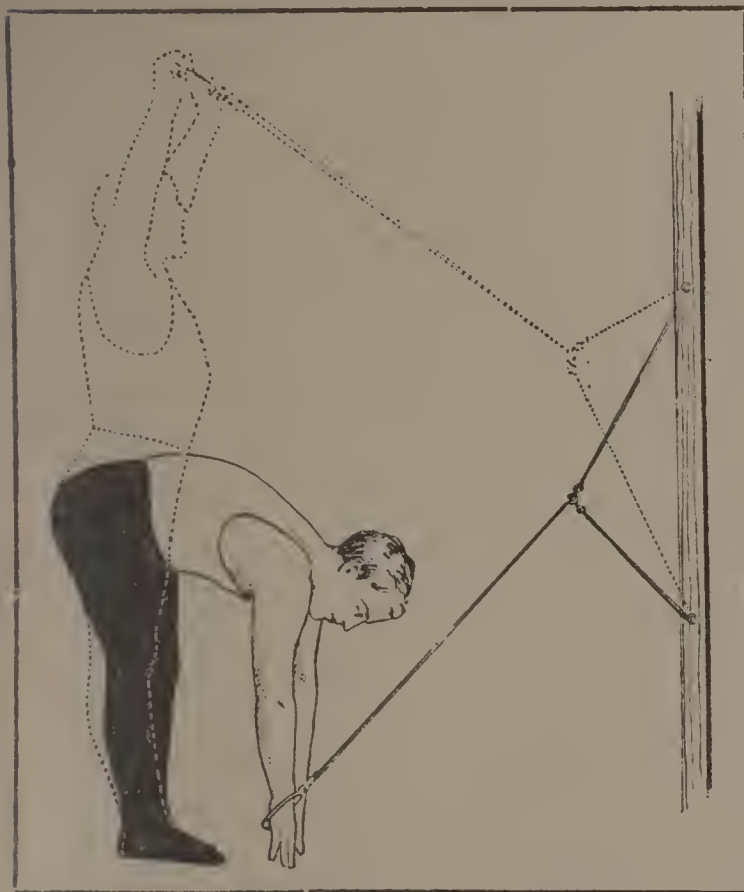
19th

20th

21st

EXERCISE NO. 66

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Facing machine, legs together.

ACTION. Bend the body forward from the hips, keeping legs perfectly straight, reach forward to the ground with the hands, **Exhale.** Then raise arms above head, draw abdominal wall well in and raise body to position as shown in dotted line. **Inhale.** **DON'T LEAN BACK.**

TO BE
DONE

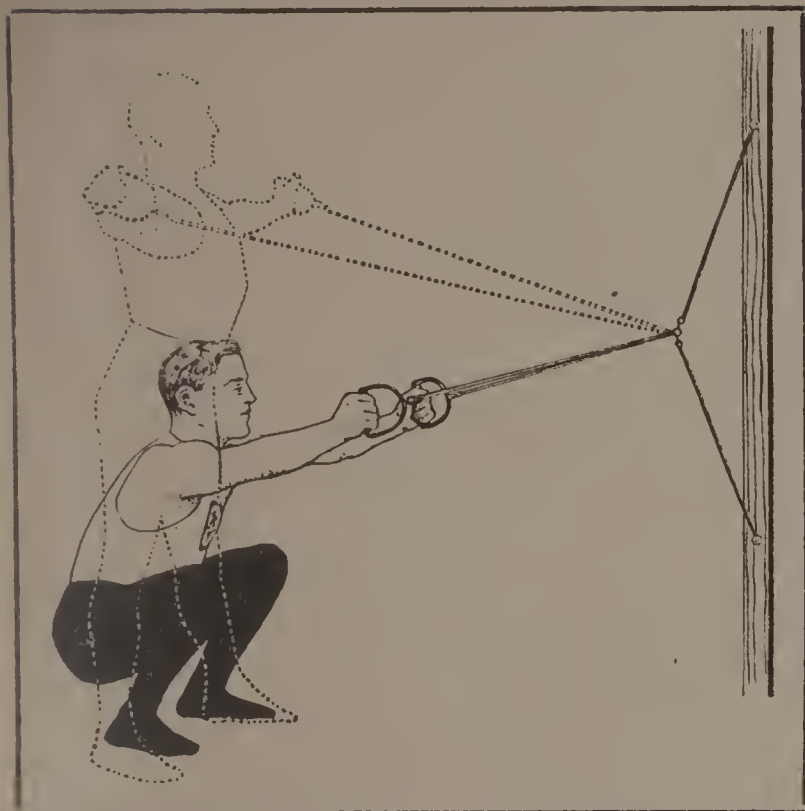
Day Counts

1st	
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EXERCISE NO. 67

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Facing machine in a squatting position, legs eighteen inches apart, arms out in line with front of shoulders, thumbs uppermost.

ACTION. Raise body to an erect position, at the same time draw shoulders together and bring arms back in line with sides (dotted figure) brace legs well up and **Inhale.** Resume first position and **Exhale.**

TO BE
DONE

Day Counts

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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EXERCISE NO. 68

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Back to exerciser, right leg advanced, knee well bent, leg to rear quite straight. Arms straight above head.

ACTION. Keeping arms straight, bring cables down on shoulders and pressing chest up **Exhale.** Pause, draw abdominal wall in and bring arms above head again and **Inhale.**

TO BE
DONE

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

14th

15th

16th

17th

18th

19th

20th

21st

EXERCISE NO. 67

CAINES COLLEGE OF PHYSICAL CULTURE



TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
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21st	

POSITION. Right side toward machine, legs twenty inches apart, outer knee well bent, inner leg straight, handle in the right hand, arm on a line with the shoulder, disengaged hand (left) upon the right breast or on the hip.

ACTION. Without gripping the handle pull the arm quite straight, toward and partly across chest, **Inhal- ing.** Resume first position and repeat at quick time, thoroughly contracting chest muscle. **DO NOT MOVE THE BODY.**

EXERCISE 9 A. Repeat on the other side of chest.

EXERCISE NO. 70

CAINES COLLEGE OF PHYSICAL CULTURE



POSITION. Back to exerciser, right leg advanced, knee well bent, leg to rear quite straight. Arms straight, out in line with front of shoulders, thumbs up. Shoulders together.

ACTION. Bring arms back on same plane as sides of shoulders and reach out with them and draw abdominal wall in, then **Inhale**. Resume first position and **Exhale**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
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19th	
20th	
21st	

EXERCISE NO. 71

CAINES COLLEGE OF PHYSICAL CULTURE

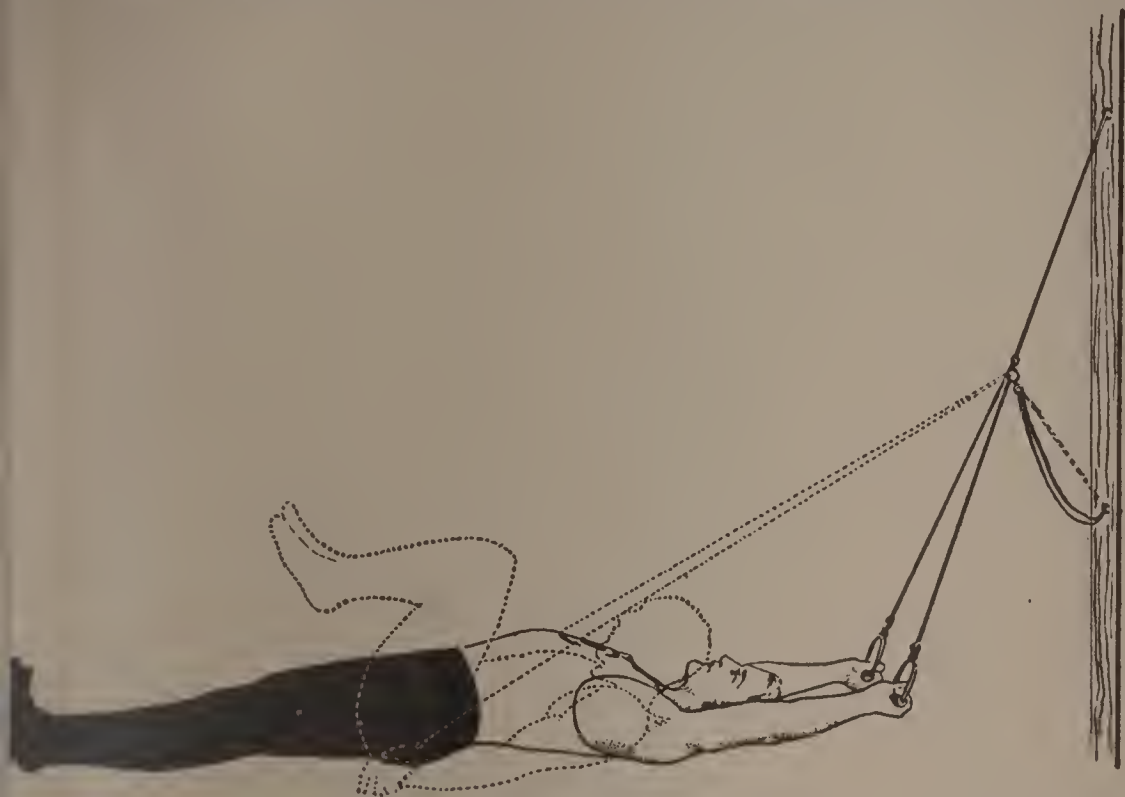


POSITION. (Place both strands on one handle.) Side towards exerciser, outer knee well bent, inner leg well braced up. Assume the position as in black outline of cut, the head resting on upper arm.

ACTION. Without moving the legs or arms, press the side of the body on to knee, **Exhale.** Recover to first position drawing abdominal wall in and **Inhal-**
ing. Localize on part marked X.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
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9th	
10th	
11th	
12th	
13th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 72
CAINES COLLEGE OF PHYSICAL CULTURE



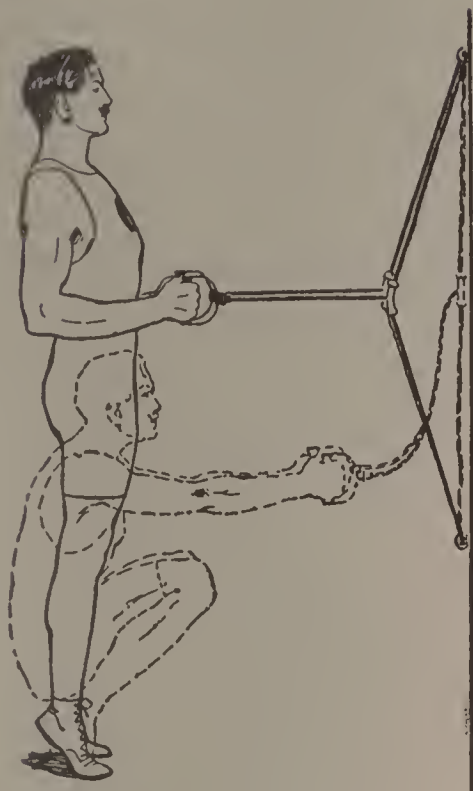
POSITION. On the back, head to machine, arms stretched above head, legs straight and together.

ACTION. Bring straight arms down to sides and at same time draw knees on to abdomen and **Exhale**. Pause, draw abdominal wall in and bring arms above head again and **Inhale**.

This exercise to be done

EXERCISE NO. 73

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

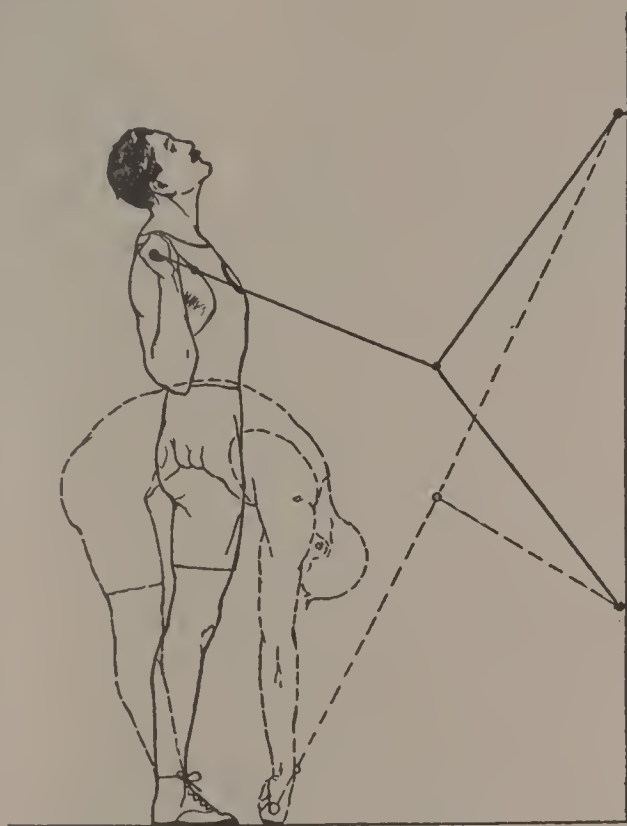
ACTION. As in dotted line.

DESCRIPTION. Facing exerciser, body erect, feet together, on tiptoes, elbows bent, hands to the front, palms facing inward. Bend the knees, straighten arms and squat, **EXHALE.** Resume first position pulling in abdominal wall and **IN-HALING.** Keep on tiptoes throughout the exercise.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 74

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

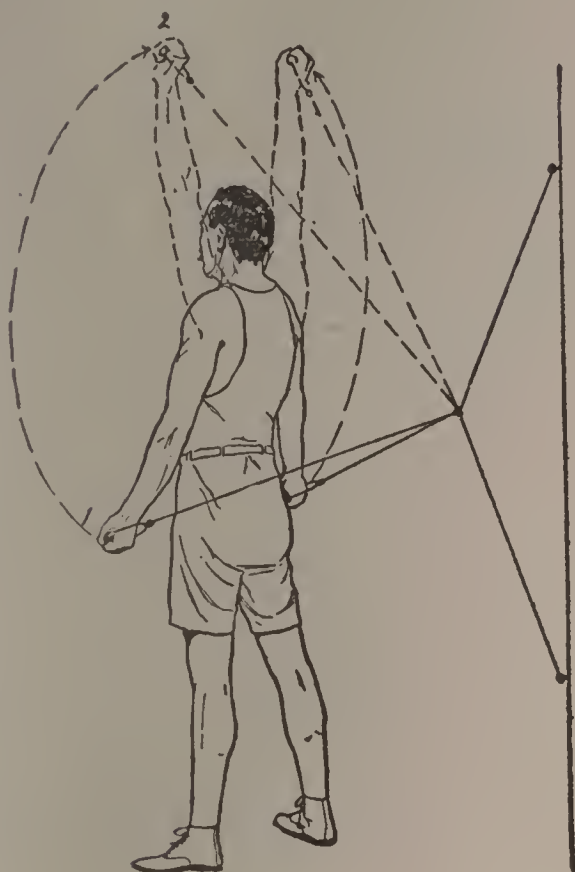
ACTION. As in dotted line.

DESCRIPTION. Facing exerciser, feet together, legs straight, chin lifted, forearms flexed on upper arms, palms to front, bend body forward, touch floor with hands, **EXHALE.** Assume first position, drawing in abdomen, **INHALE.**

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 76

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

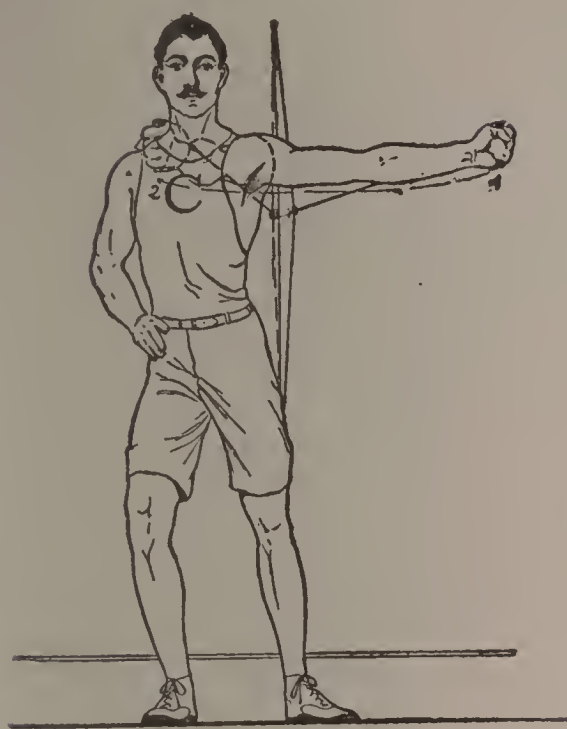
ACTION. As in dotted line.

DESCRIPTION. Body erect, back toward exerciser, legs apart. Arms straight down by sides. Raise arms above head, **INHALING** at same time. Resume first position by pressing arms outward and down to sides, **EXHALING**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 77

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

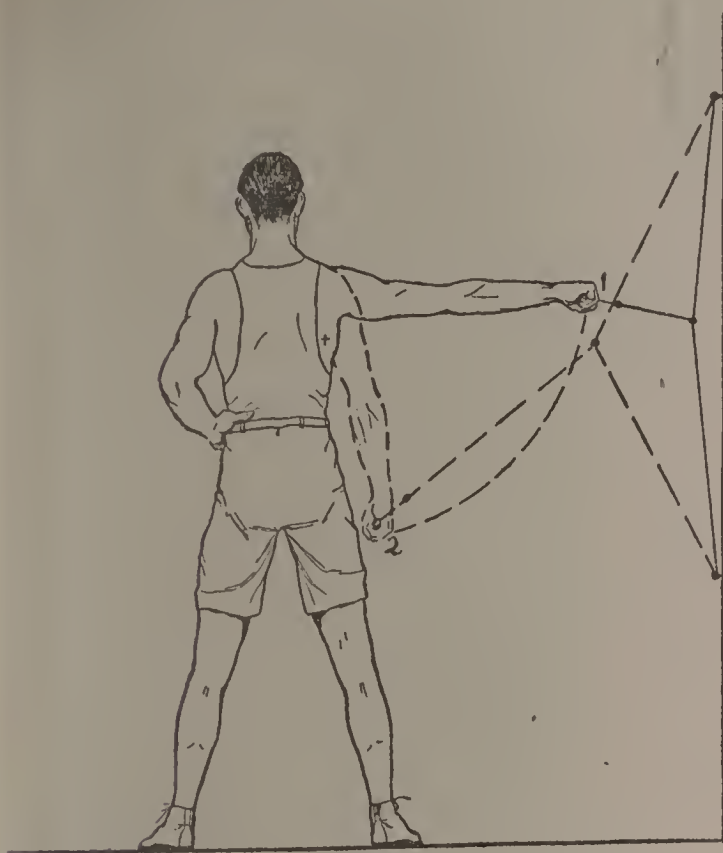
ACTION. As in dotted line.

DESCRIPTION. Body erect, right leg advanced, knee bent, leg to rear well braced, right hand on hip, *shoulder well back*. Left arm out in line *with side of shoulder*. Draw arm forward in line with front of shoulder, **EXHALE**. Resume first position slowly, **INHALING**, and turn head to other side.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
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19th	
20th	
21st	

EXERCISE NO. 75

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

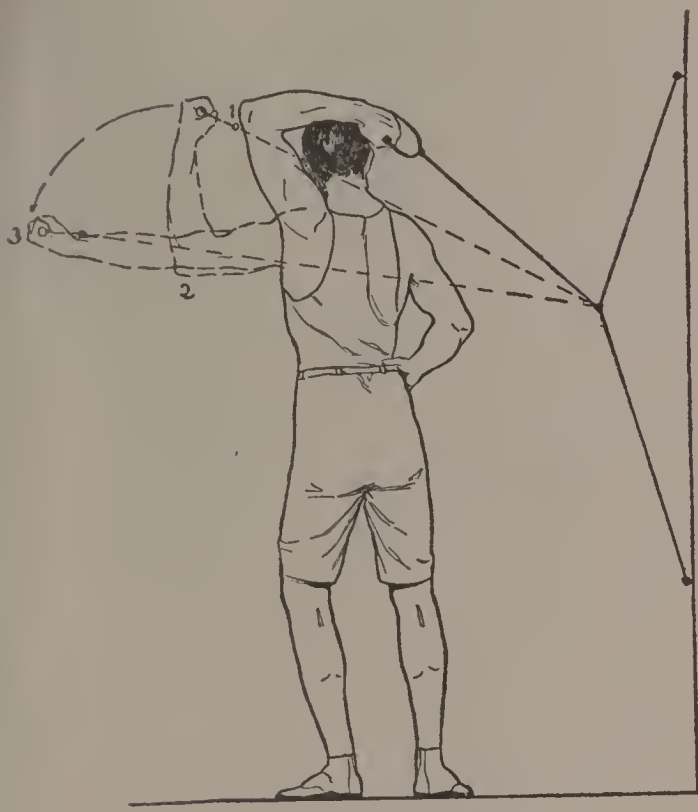
DESCRIPTION. Body erect, legs wide apart, right side towards exerciser. Left hand on left hip, right arm out in line with side of right shoulder. Pull exerciser down to side of body (locating part marked +), **EXHALE**

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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14th	
15th	
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21st	



EXERCISE NO. 79

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

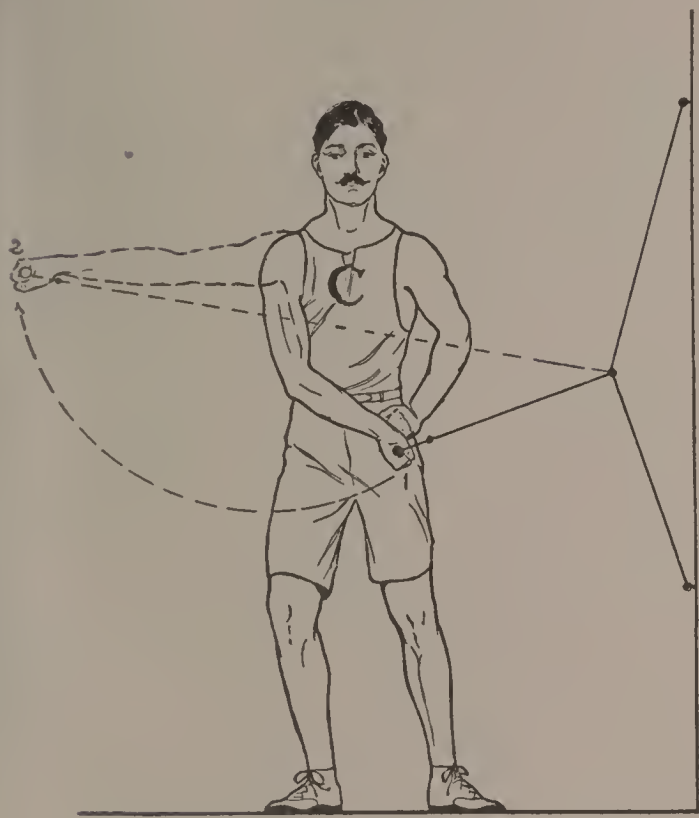
ACTION. As in dotted line.

DESCRIPTION. Right side towards the exerciser, handle in left hand, forearm on head, left knee bent, right leg straight, body erect. Straighten arm to position marked "2" and then straighten forearm to position marked "3." Return to original position. Repeat exercise with left side to exerciser.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 50

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

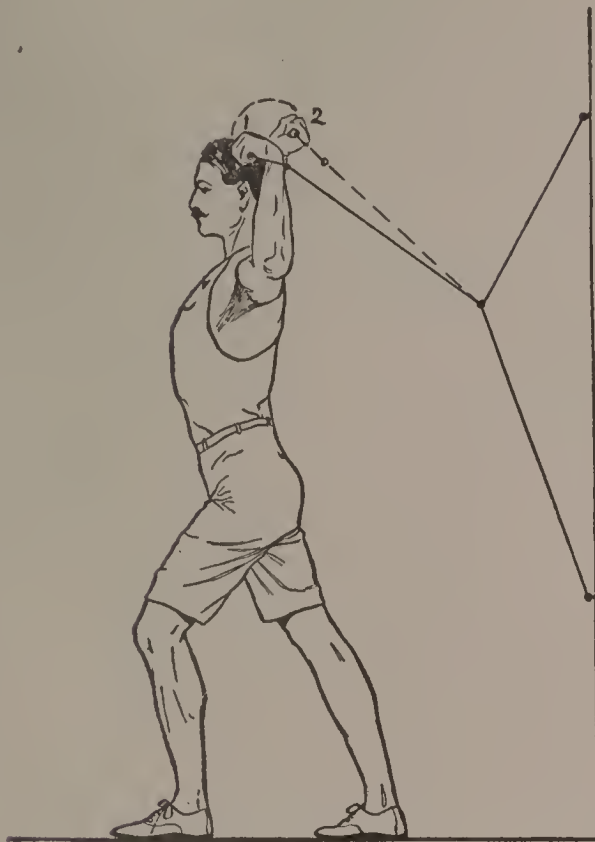
ACTION. As in dotted line.

DESCRIPTION. Body erect, left side to exerciser, feet about eighteen inches apart, outer knee bent, inner leg well braced up, left hand on left hip. With the palm down raise arm perfectly straight to position marked "2," EXHALING, then lower slowly, INHALING.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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15th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 27

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Back to exerciser, right leg advanced, knee bent, leg to rear well braced, elbows lifted in line with shoulders, forearms at right angles to upper arms, alternately (or both together), flex wrist on forearm without moving arm.

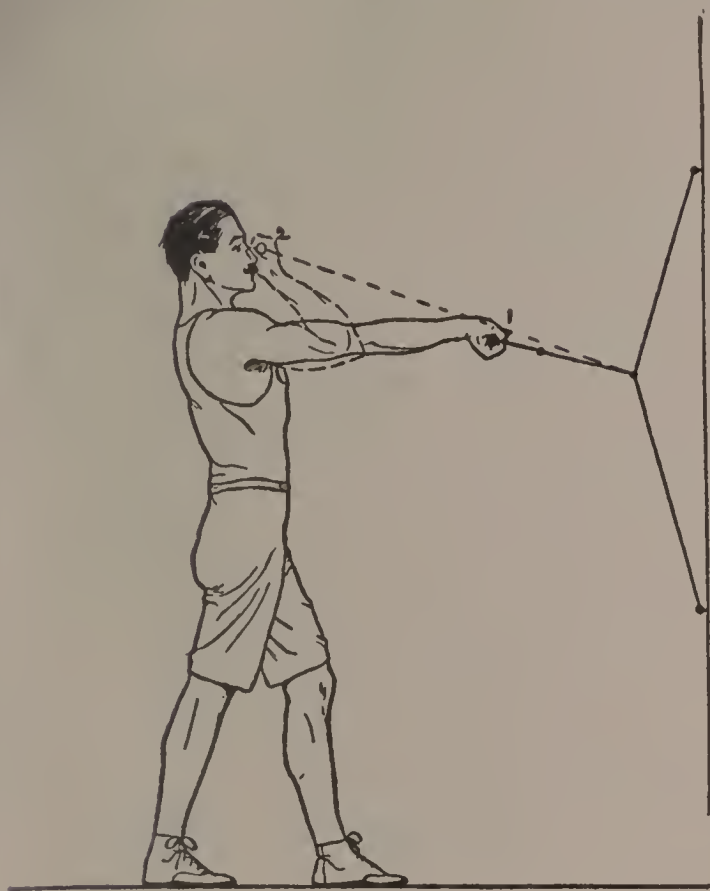
**TO BE
DONE**

Day Counts

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 52

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

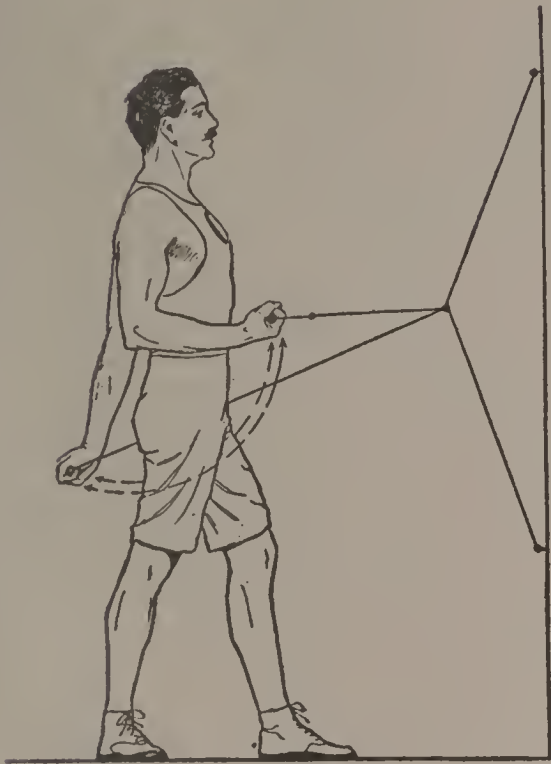
ACTION. As in dotted line.

DESCRIPTION. Body erect, facing exerciser. Right leg advanced, knee bent, left leg to rear well braced. Arms out in line with front of shoulders. Without any movement of upper arm draw both forearms to upper, **EXHALE**, then straighten arms making them rigid.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
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16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 83

CAINES SCHOOL OF HEALTH EXERCISE

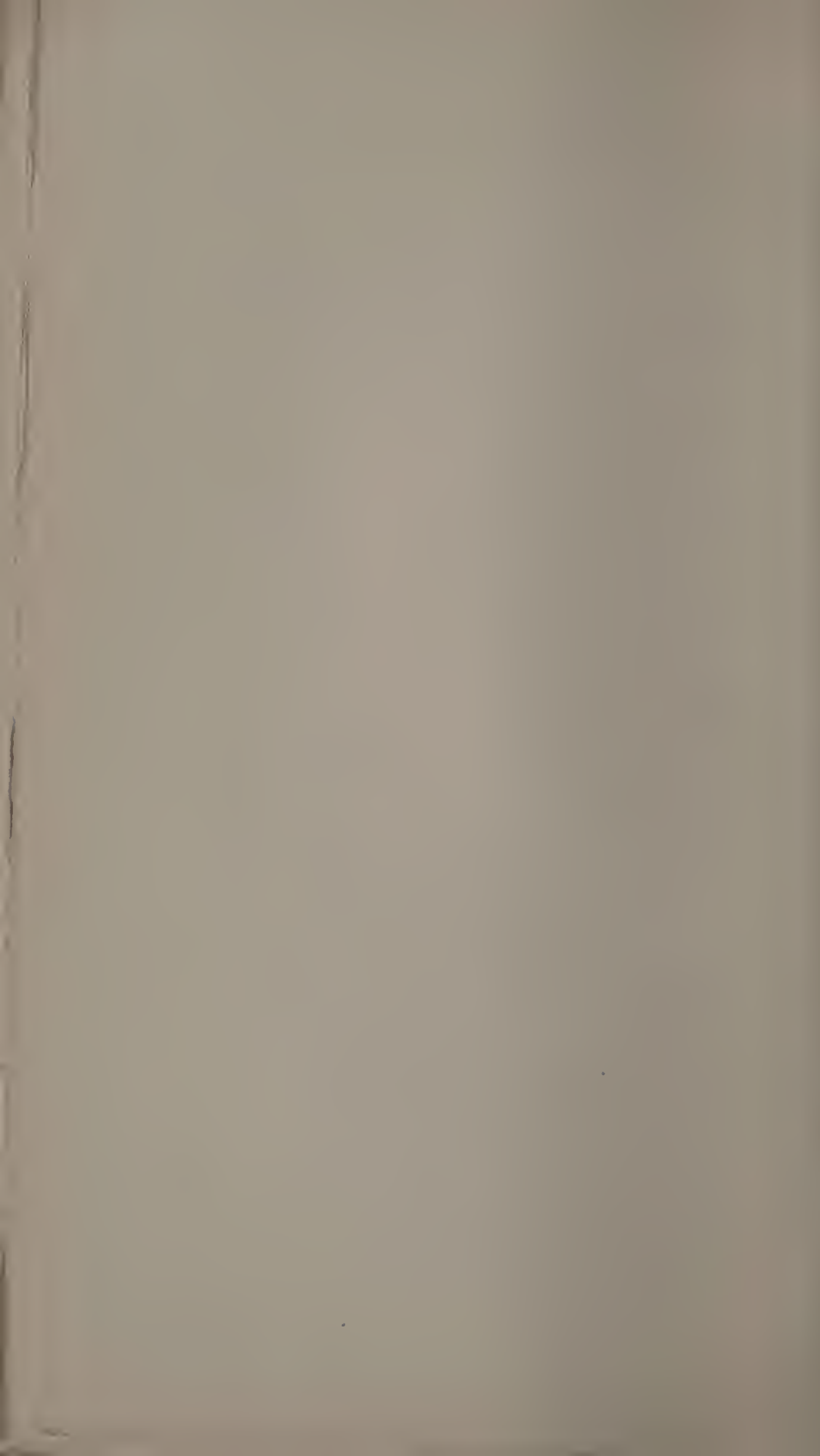


POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Facing exerciser, one knee bent, leg to rear well braced. Without any movement of the upper arms alternately flex and extend each forearm, curling wrist well to rear when arm is extended, EXHALE as the arms are flexed.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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18th	
19th	
20th	
21st	



EXERCISE NO. 84

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, one leg advanced, knee well bent, leg to rear well braced up. Keeping the arms perfectly straight alternately raise and lower them, palms down. Breathe freely throughout exercise.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 7

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

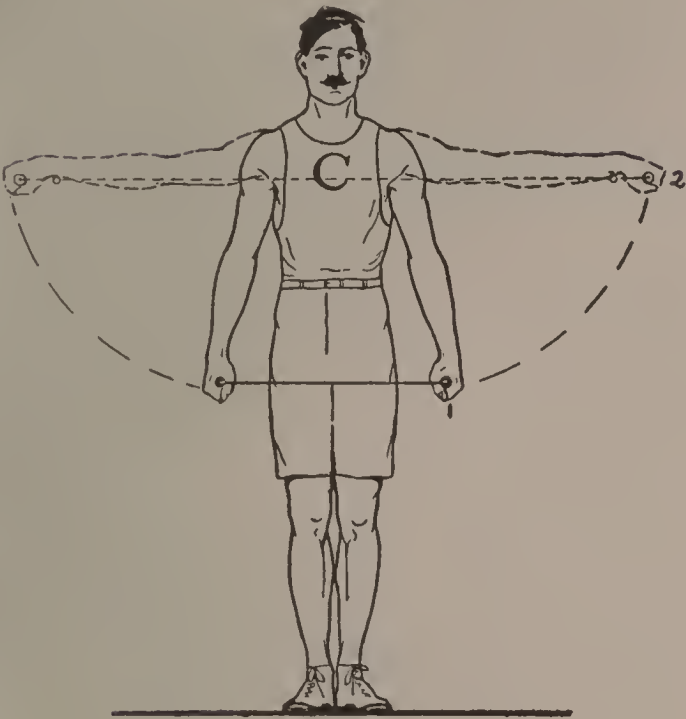
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together. With one arm straight down by side press the other arm above head, **EXHALE**. Resume first position, **INHALING**. Keep elbow well to side.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 86

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

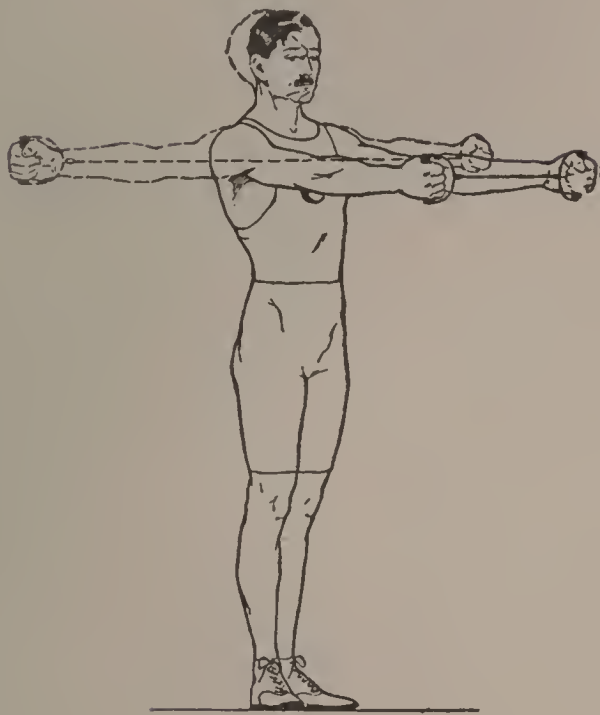
ACTION. As in dotted line.

DESCRIPTION. Body erect, heels together, arms straight and by sides, palms in. Keeping the arms perfectly straight raise them to shoulder height, INHALE. Lower arms *slowly* to original position, EXHALE.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
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15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 87

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

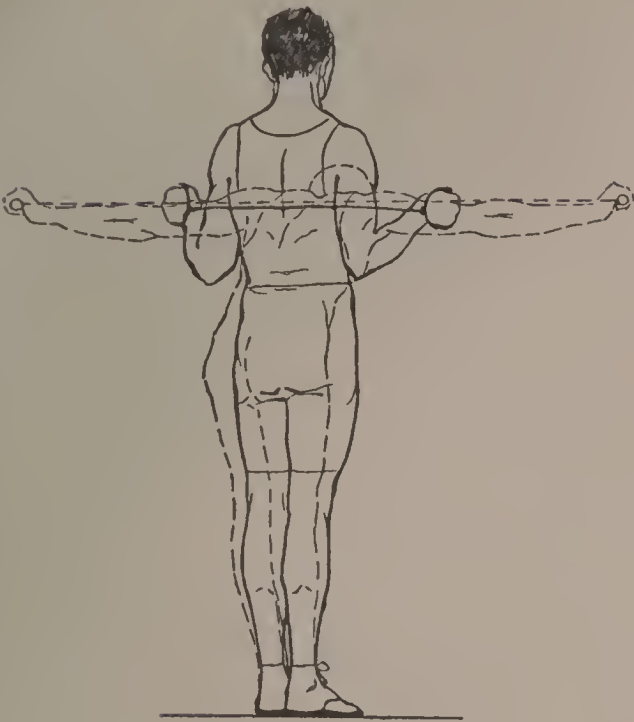
ACTION. As in dotted line.

DESCRIPTION. Keeping arms perfectly straight draw expander to chest, **INHALE**. Resume former position, **EXHALING**. Do not allow the expander to return with a sudden movement.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
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18th	
19th	
20th	
21st	

EXERCISE NO. 88

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together. With expander across back, palms to front, bend down forward as far as you can, pressing the arms out in line with side of shoulders and keeping legs perfectly straight, EXHALE. Resume first position, lifting chest and drawing shoulders together,

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 37

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

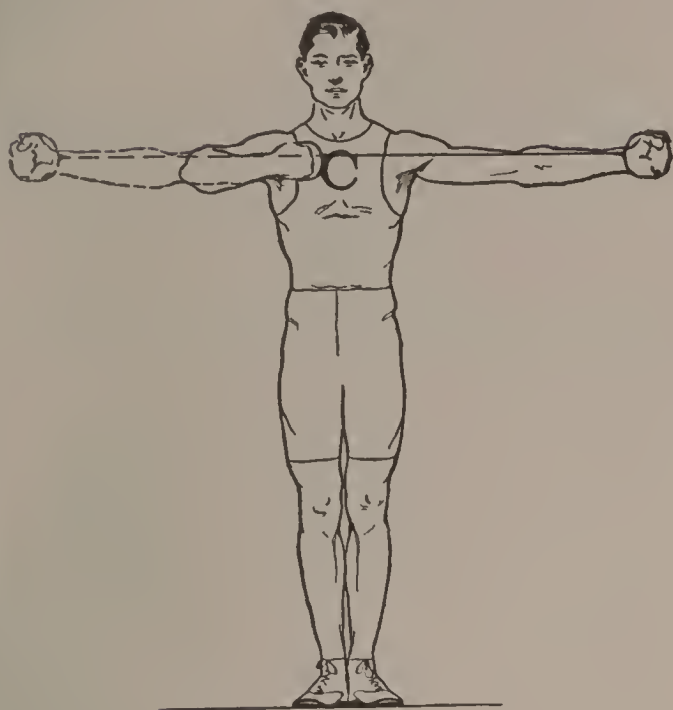
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together. Place right foot through stirrup on one end of expander, and grip the other stirrup with right hand, care being taken that the stirrup does not slip from under foot. Raise right forearm toward upper arm and EXHALE. Lower arm and resume first position, curling wrist well back, INHALE.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
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12th	
13th	
14th	
15th	
16th	
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19th	
20th	
21st	

EXERCISE NO. 9

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

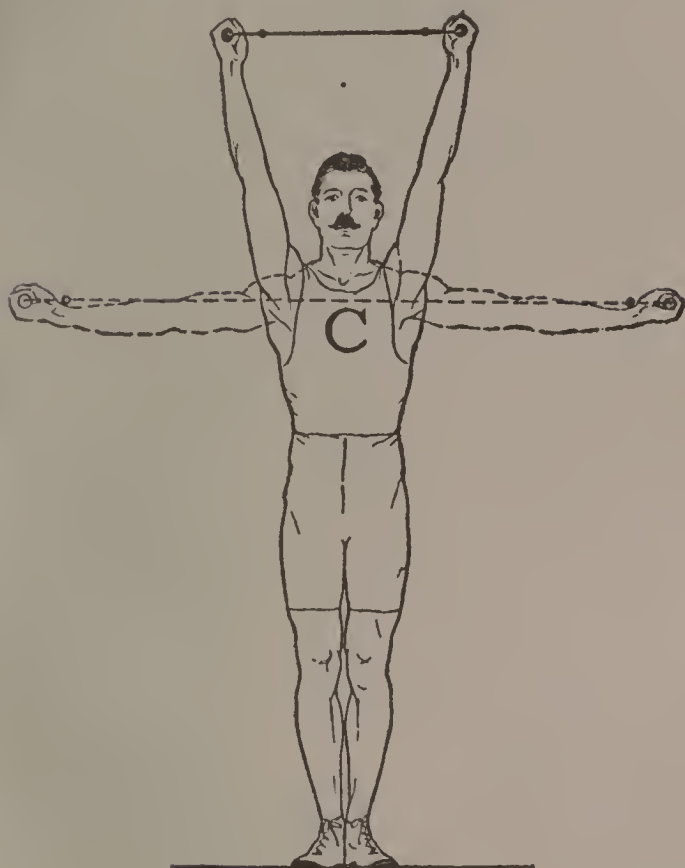
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, arms out in line with sides of shoulders. Right forearm bent on upper. Straighten arm out from elbow, taking care not to move upper arm. Repeat same exercise with other arm the same number of times.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 92

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, arms straight above head, palms facing in. Keeping arms perfectly straight stretch expander to chest, **INHALE**. Resume former position slowly, **EXHALE**.

**TO BE
DONE**

Day Counts

1st

2nd

3rd

4th

5th

6th

7th

8th

9th

10th

11th

12th

13th

14th

15th

16th

17th

18th

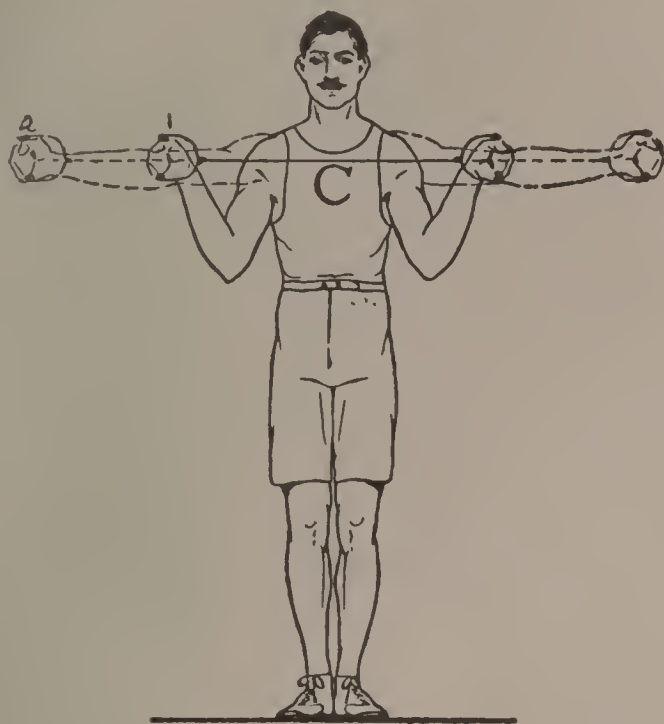
19th

20th

21st

EXERCISE NO. 93

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

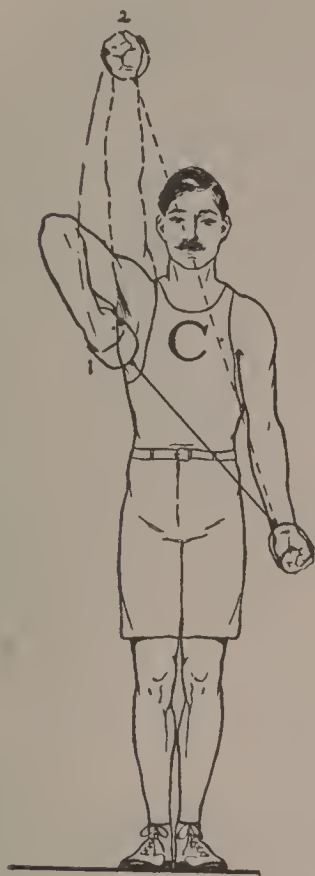
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, elbows bent, hands on line with shoulders, expander on chest. Stretch the expander out in line with the sides of shoulders, still keeping it against chest, **INHALE**. Resume first position slowly, **EXHALE**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 94

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

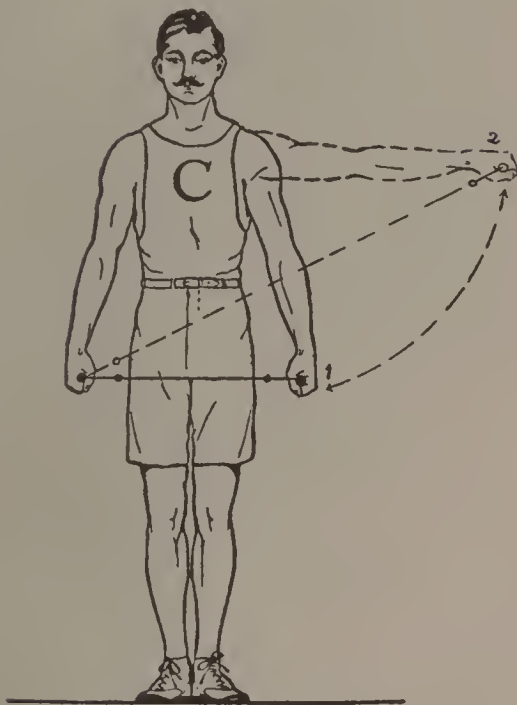
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, left arm by side, palm to front, right arm up, elbow bent, palm facing inward. Lift the right forearm and stretch expander above head, INHALE. Lower expander slowly to former position, EXHALING. Repeat.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
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16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 95

CAINES SCHOOL OF HEALTH EXERCISE

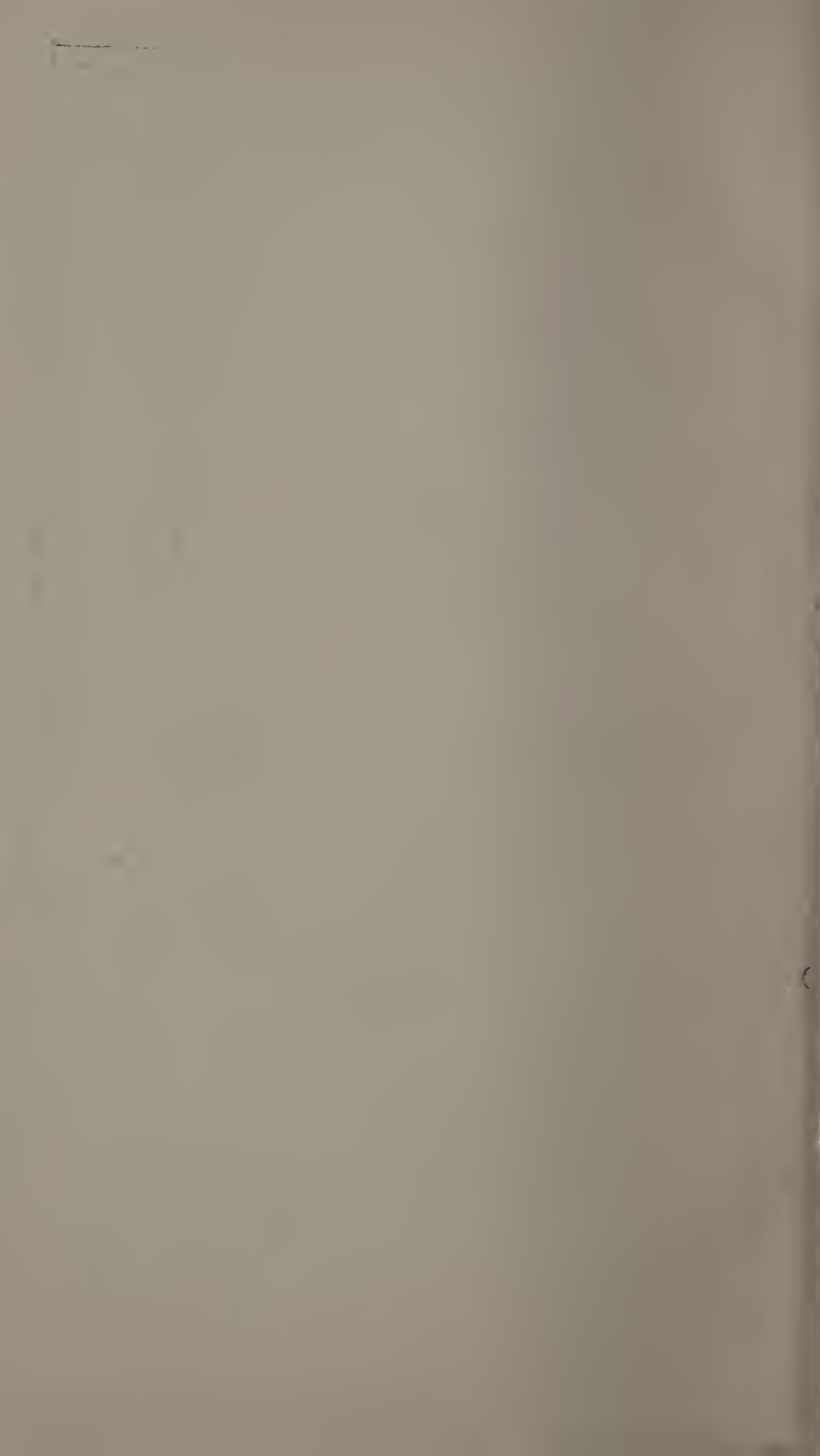


POSITION. As in dark line.

ACTION. As in dotted line.

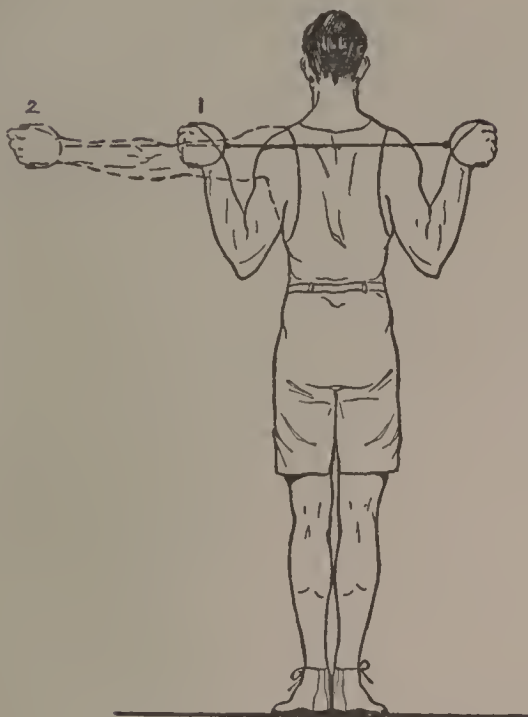
DESCRIPTION. Body erect, heels together, arms by sides, expander across front of thighs. Keeping the right arm perfectly straight and by the side, raise the left arm in line with side of shoulder to position marked "2." Knuckles up. Slowly lower, **INHALING.**

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	



EXERCISE NO. 56

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

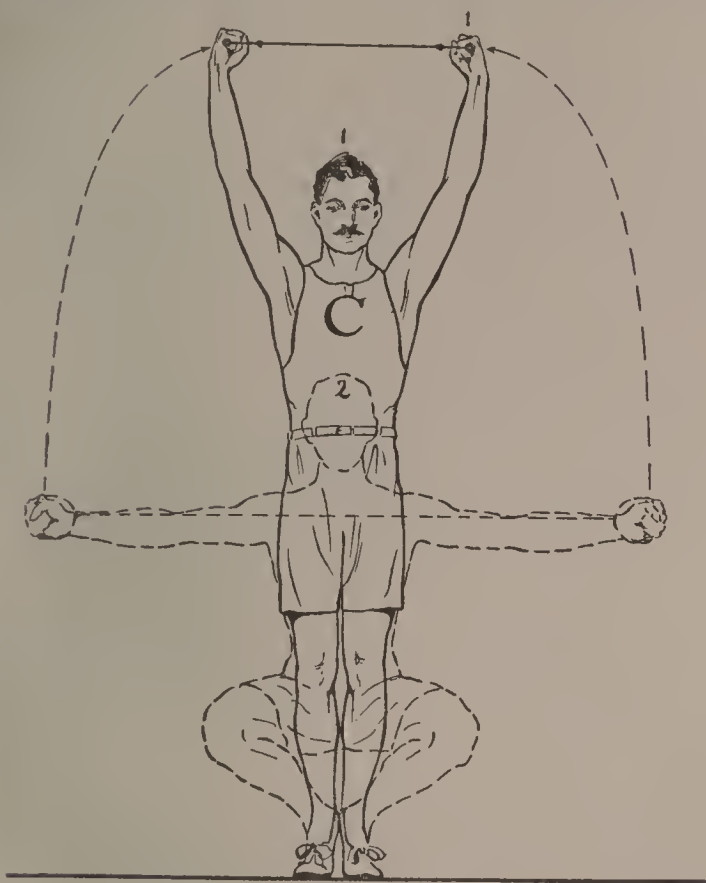
ACTION. As in dotted line.

DESCRIPTION. Body erect, heels together, expander across back, elbows bent, forearms pressed well back. Alternately extend arms out in line with side of shoulders. Breathe freely as the movement is made.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 97

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, legs straight, on tiptoes, arms straight above head, palms inward. Bend knees and lower body to floor, at same time with straight arms pull expander on to chest, **INHALING**. Resume first position, **EXHALING**. Keep on tiptoes throughout the **EXERCISE**.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 95

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

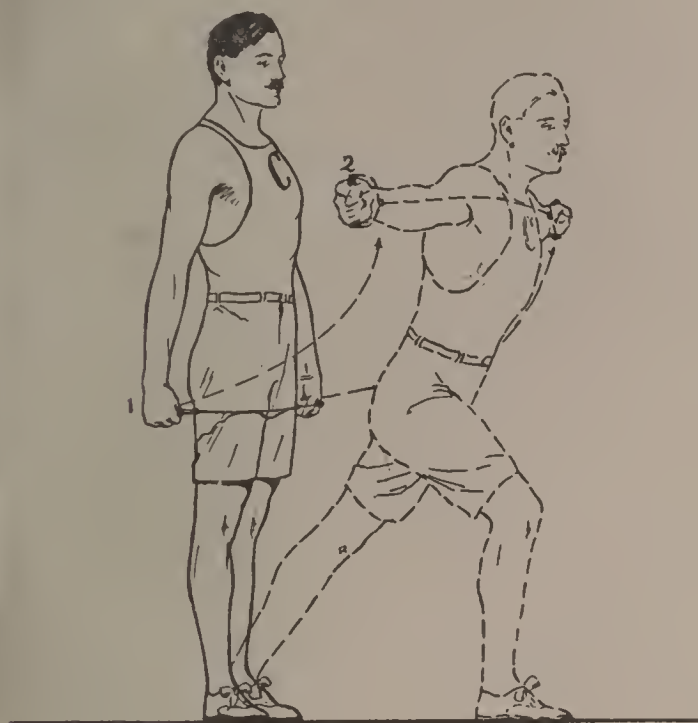
ACTION. As in dotted line.

DESCRIPTION. On the back, arms raised straight above chest, expander on slight tension, both legs raised at right angles to body, head on floor. Keeping arms straight. Pull expander on to chest, raise head and lower straight legs to floor without heels touching same, EXHALE.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	

EXERCISE NO. 99

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

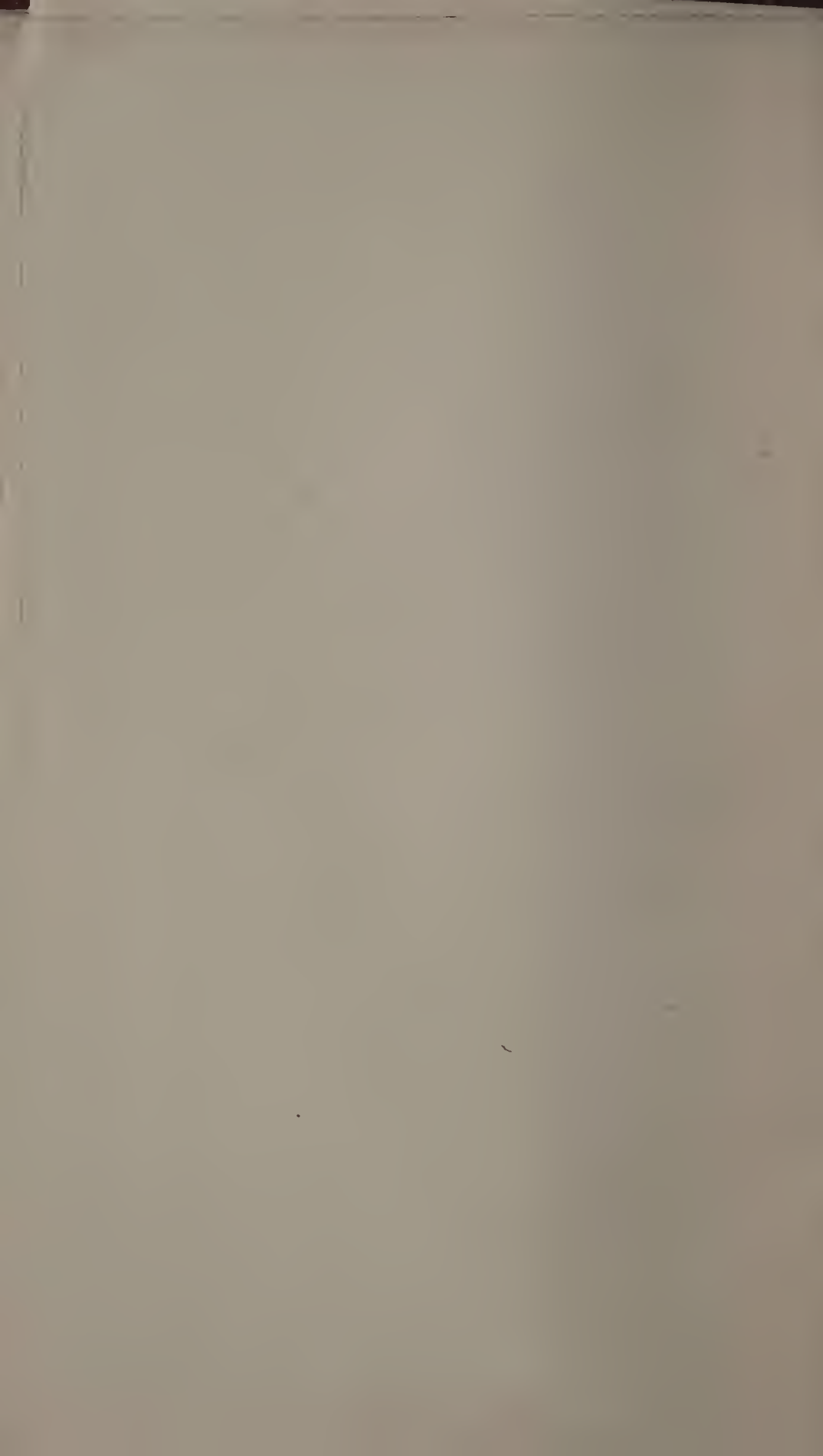
ACTION. As in dotted line.

DESCRIPTION. Body erect, feet together, arms by sides. Expander on thighs. Lunge forward with right or left foot alternately. At same time swinging expander up in line with front of shoulders and pulling it with straight arms on to chest. **INHALE.** Recover to first position, **EXHALING.**

**TO BE
DONE**

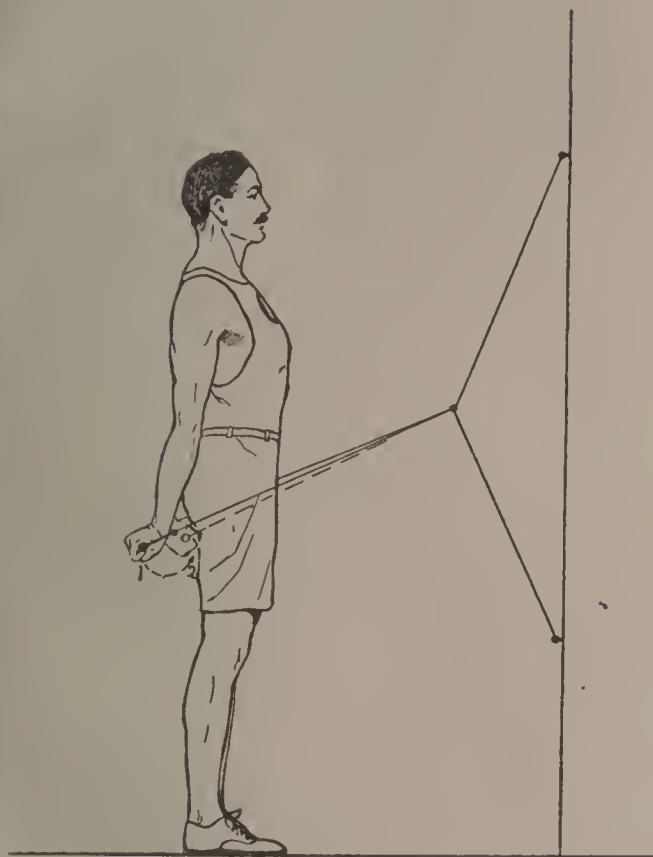
Day Counts

1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
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18th	
19th	
20th	
21st	



EXERCISE NO. 150

CAINES SCHOOL OF HEALTH EXERCISE



POSITION. As in dark line.

ACTION. As in dotted line.

DESCRIPTION. Feet together, body erect, arms straight down by sides cords at a good tension. Bend the wrists backwards and forwards without bending the arms.

TO BE DONE	
Day Counts	
1st	
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
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16th	
17th	
18th	
19th	
20th	
21st	

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